

## **Strength and Conditioning House Rules**

- Appropriate athletic attire must be worn (no jeans, street shoes, sandals etc.) in the studio area.
- Shirts must be worn at all times and no underwear to be visible.
- Users must show consideration for one another: abusive language, swearing or the threat of violence will not be tolerated.
- Re-rack weights (plates and dumbbells) and return all other accessories to their correct position.
- Bars are to be stripped of weights after use and returned to their correct location.
- Changing rooms to be vacated before official closing time.
- No open top cups/bottles to be brought onto the studio floor.
- All personal belongings must be secured in lockers. Do not bring your studio bag or other personal belongings onto the studio floor.
- Before beginning your workout, wash your hands and wipe off any cologne or perfume. Please wipe down equipment after use.
- Unnecessary grunting, shouting, or dropping of weights will not be tolerated.
- Monopolising pieces of equipment is not permitted. Weight machines must be shared at all times.
- Do not sit on machines between sets. Stick to posted time limits on all cardiovascular machines.
- Ask if you may “work in,” and always allow others the same courtesy; afterwards return the seat and weight to the last user’s setup.
- Do not disturb others. Focus on your own workout and allow others to do the same.
- Smoking is not permitted on the premises.
- Personal music must be kept at a level inoffensive to others.
- All users MUST receive an induction before use of the facility commences. Access will be denied until this has taken place.
- Users are to utilise the equipment in the manner it was designed to be used; LJMU will not accept responsibility for the incorrect use of equipment/facilities. If in doubt regarding correct utilisation, users should seek assistance/guidance from a member of staff.
- The consuming of alcoholic beverages and illegal substances will not be tolerated. Users will not be permitted to access the facility if intoxicated or under the influence of any illegal substance.
- Users are not to use the facilities if suffering from any contagious disease/illness/injury/similar which may cause discomfort or pose a health risk to other users of the facility.
- Users are to treat each other and LJMU staff with the same respect they wish to receive.
- Conducting solicitation for personal business (e.g. Personal training, selling of nutritional products) is prohibited without written consent from LJMU staff.

- No animals allowed (except guide dogs assisting a disabled person).
- Loan or use of another user's card will result in the withdrawal of access to the facility.
- Any unauthorised postings of flyers/advertisements in any part of the facility will be removed.