



Gymnasium Code of Conduct DURING COVID-19

1. Each time you use the gym please write your name and the date in the Gymnasium Sign In/Sign Out Sheet. The Gymnasium Sign In/Sign Out sheet is located inside the entrance to the gym near the entrance. This is important for tracing purposes if required.
2. WASH your hands upon entry with the Santiser provided.
3. Always bring and use your own towel for hygiene purposes.
4. Wipe equipment after each use -Anti-bacterial wipes provided, to be placed in the bin near door.
5. You are not to be on your own, the COVID Hygiene Marshall must be present at all times and the gym must be left in same state as you found it.
6. No smoking, food or drink (other than bottles/water cooler) is permitted in the gym.
7. Do not remove equipment from the gym without supervisor approval.
8. Lifters must use collars on every set and must not drop weights on floor.
9. Lifters must use spotters on all moderate to heavy sets.
10. Move weights from the racks to the bar ONLY. Do not leave weights on the floor.
11. Return all equipment to its allocated position.
12. Gym users must dress appropriately at all times.
13. Towels must be used.
14. Athletic shoes must be worn with laces tied at all times.
15. Lower body clothing: athletic shorts, tights or aerobic outfits.
16. Upper body clothing: T-shirts, singlets, sweatshirts and unaltered tank tops required.
17. Athletic hats are acceptable.
18. Prescription glasses are permissible. NO sunglasses permitted UNLESS suitable medical evidence supporting wearing them is provided.
19. Any jewellery that may possibly injure a user, including rings and necklaces, is not permitted. Small earring and items that cannot inhibit or injure a user are permitted.