



OUR LADY'S ISLAND GAA & COMMUNITY GYM

CODE OF CONDUCT

Welcome to our new Club and Community Gym. Because this gym is unstaffed, our community relies on the honesty, safety and mutual respect of every member. By utilizing your key fob access, you agree to adhere to following standards at all times: -

1) ACCESS AND SECURITY (STRICTLY ENFORCED)

NO TAILGATING/PIGGYBACKING. Your key fob is for your personal use only. You must scan you fob every time you enter, even if door is already open or someone is walking in with you.

NO GUESTS ALLOWED. Do not let non-members, friends or family into the facility under any circumstances. Allowing unauthorised entry will result in immediate termination of your membership with no refund.

SECURE THE DOOR. Ensure the front door clicks shut and locks completely behind you when entering or leaving the facility.

UNAVAILABILITY. Please note that the gym will be temporarily unavailable for general member's access during specific hours each week to accommodate private club team training sessions, you will be notified of these times on weekly basis via message or will be on gym notice board.

14 TO 18 YEAR OLDS. Members between the ages of 14 and 18 are permitted to use the fitness floor and equipment only under the direct and active supervision of a parent, legal guardian or a designated adult member over age of 21. The supervising adult must remain within line of sight and in the immediate workout area with the teen at all times. Unsupervised youths in this age bracket are not permitted in the gym.

2) SAFETY AND EMERGENCIES

KNOW EMERGENCY STATIONS. Familiarize yourself with the locations of the First Aid Kit, AED Defibrillator and Fire Exit Points and any other emergency locations around the facility.

SOLO LIFTING PRECAUTIONS. If training alone, you must use safety bars, pins or racks for bench presses, overhead presses. Do not attempt maximum weight lifts without a partner to assist.

SURVELLIANCE AWARENESS. For your safety and security this facility is under 24/7 video surveillance. Tampering with cameras or security equipment is a criminal offence and will be dealt with accordingly.

REPORT HAZARDS. If you notice broken equipment leaks or safety hazards, immediately report them to Tracey Rooney on 0877818230 or Martin Russell on 0860631095. If there is an active threat or medical emergency call 999 immediately.

3) RESPECT THE SPACE, CLEANLINESS & CARE

WIPE DOWN EQUIPMENT. Clean all machines and seats, benches, bars and mats immediately after use using the provided sanitizing equipment.

RE-RACK THE WEIGHTS. Return all dumbbells, plates and accessories to their designated racks. Leaving weights on the floor creates a severe tripping hazard and unsafe training environment for all.

DO NOT TOUCH. Do not tamper with gyms thermostats, lighting systems or sound systems. They are automated for energy efficiency and safety.

4) RESPECT THE COMMUNITY

NOISE CONTROL. If working out late at night or early in the morning keep noise to an absolute minimum.

AUDIO. Your music etc. must be played through your earphones, pods etc.

FILMING PRIVACY. Out of respect for member privacy, filming or taking photos is strictly prohibited in locker rooms and rest rooms. In workout areas, ensure no other members are captured in your footage.

5) ZERO TOLERANCE POLICY

To maintain a safe environment, we enforce a strict zero tolerance policy. Violations will result in immediate cancellation of your membership with no refund and potential legal action.

THEFT AND VANDALISM. Stealing personal property or damaging gym equipment will have result in cancellation of your membership and potential legal action.

HARRASSMENT: Any form of verbal, physical or visual harassment or intimidation towards other members will result in cancellation of your membership and potential legal action.

IMPAIRMENT: Working out under influence of alcohol or drugs may result in the termination of your membership.

6) ENFORCEMENT AND LIABILITY

You access this facility at our own risk. This facility is monitored remotely. Failure to follow the rules as set out especially regarding security and guest access will result in **IMMEDIATE KEY FOB DEACTIVATION AND MEMBERSHIP TERMINATION WITHOUT A REFUND.**