



## **Health & Safety Measures:**

1. Prior to using the Health Hub, all members are required to complete a personal health statement as part of the induction.
2. Membership cards will only be issued upon successful completion of the induction programme which includes personal hygiene, safety practices such as handling and use of gym equipment.
3. The Health Hub operates a lone training policy outside the manned hours. Lone training is defined any associate training when there is no Health Hub staff or other Health Hub members present within the facility. The lone training process is available at reception and on the website. (<https://minihealthhub.co.uk/> )
4. Members may only use the facility outside their normal working hours and must not use them during paid breaks.
5. CCTV has been installed and is linked to the security control room.
6. A panic button & an emergency telephone line are in place and linked to the security control room.

## **Personal Hygiene Measures:**

1. Suitable clothing and footwear must be worn when exercising.
2. Lockers will be emptied on a daily basis.
3. Please bring a clean, small towel to wipe down equipment after use.
4. Using your own water bottle is encouraged to minimize waste.
5. No food will be allowed inside the Health Hub.

**In the event of any misuse of the Health Hub access for the member will be revoked**