

# GYM HEALTH & SAFETY

## Health and safety measures:

- Prior to using the Health Hub, all members are required to complete a full induction and a personal health statement.
- 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.
- 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. [minihealthhub.co.uk](http://minihealthhub.co.uk) and in this welcome pack.
- Members may use the facility at any time as it's a 24/7 facility. If the member wishes to use the facility throughout their break / lunch period, they should first speak to their line manager before doing so.
- CCTV has been installed and is linked to the security control room. This facility will be monitored at all times.
- A panic button & an emergency telephone line are in place and linked to the security control room.
- If the NO INSTRUCTOR sign is visible on the desk at reception, the lone training procedure is in place. This means that there is no staff working.

## Personal hygiene & Gym Etiquette:

- Suitable clothing and footwear must be worn when exercising. NO outdoor footwear in muddy conditions.
- No items can be stored in the lockers overnight. These lockers will be emptied on a daily basis.
- Please bring a clean, small towel to wipe down equipment after use.
- Using your own water bottle is encouraged to minimize waste.
- ALWAYS SWIPE IN ON ENTRY with your membership card – This is essential for attendance and will be monitored.
- Maintain good personal hygiene.
- Always place your gym bag in the lockers provided.
- Be courteous to other gym users.
- Unload the weights bar & replace the plates once you have finished in the correct place.
- Re-Rack the dumbbells, barbells, kettlebells & medicine balls which you have used & place them in the correct order.
- Tidy up after yourself – replacing any equipment you have used in the correct place, towel roll in the bins provided and spray bottles back on the table.
- Always wipe down the bench, machines/mats, and touch points after you have used them.

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