



ROCHDALE RUGBY UNION FOOTBALL CLUB GYM RULES

- 1.** Only fully paid up full playing members are permitted to use the gym
- 2.** All gym users must have completed a full induction under the control of a qualified inductor and have signed the induction/disclaimer form and must have read the risk assessment
- 3.** No lone training is allowed
- 4.** Any member under the age of 18 must be fully supervised by a qualified trainer
- 5.** All equipment must be used in the correct manner for which it was designed and each user must give due regard to their own safety and to that of others
- 6.** All equipment, especially free weights must be returned to their storage rack or position at the end of each session
- 7.** All users must be appropriately dressed when using the gym. Shirts must be worn at all times. Appropriate and clean footwear must be worn
- 8.** Please wipe down equipment after use
- 9.** Certain restrictions will be placed on the hours of use to coincide with rugby training sessions
- 10.** The use of the gym, while feeling unwell, because of temporary illness such as cold or fever or against medical advice is not permitted. This is for the well-being of the user and others
- 11.** Any horse play will result in personnel being ejected from the gym and may result in total exclusion
- 12.** Weight lifting and associated training when carried out incorrectly can cause serious harm, never lift beyond your capability and always assess the load prior to lifting it. Be aware of those training with you. Always make use of a buddy if you are attempting heavy lifts.
- 13.** If any equipment appears to be damaged please avoid using it and report it to the trained instructors or the facilities manager, please ensure it is put to one side so that nobody else can use it.
- 14.** Max no. of users is 15
- 15.** All equipment will be checked on a weekly basis.
- 16.** Failure to comply with any of these conditions of use ,or inconsiderate use of the gym or its equipment may result in membership being withdrawn
- 17.** RRUFC general committee are the final arbiters regarding the use of the gym and its equipment