

Swindon Barbell Club - Club Policy

Use of Toilets, Showers and Changing Rooms

Swindon barbell club has a shared facility for showers, changing rooms and toilets. These facilities are to be used by both males and females so the following rules apply.

- Only groups of males OR females are to be in the changing facilities at any one time.
- A lock is provided on the changing room door so please keep the door locked when in use to prevent others entering from outside
- Please do not leave a mess as other people will need to use the facilities after you
- Please do not flush anything down the toilet except for the paper provided
- The toilet is shared with all members so please keep it clean
- Please ensure that the shower is clean after use and that there is no water on the floor to avoid members slipping
- Please share the changing rooms with other members of the same gender where possible, this will help to reduce waiting times

Equipment Use

- You may only use the equipment at Swindon barbell club if a coach is present AND you have signed in
- Please put away your weights after use to prevent potential hazards, this also makes for a more enjoyable experience for other members and shows good gym etiquette
- Any damage to the equipment must be reported immediately to a coach or member of staff
- All equipment must be kept on site at all times
- Heavy lifting from the floor must be performed on the appropriate platform to prevent damage to the club floor. Please ask a coach if unsure
- Check equipment is in safe condition before use
- Please make sure the equipment is clear of people and objects before using
- As there are a limited number of stations and weights, please share with someone who is performing a similar exercise to yourself to make best use of the space and time

Housekeeping

- If you make a mess, clear it up
- Please put any litter in the bins provided
- Any major mess or damage to the facilities must be reported to the on-site coach
- Please clean the equipment after use
- Please report any concerns with the facility to the onsite coach/committee member

Car Park

- Please drive slowly in the car park as there are people and animals on site
- Please park considerately and try to make best use of the space as spaces can be limited during busy times
- You may be asked to move your car should you be blocking someone in or are parked in an unsuitable spot

Alcohol & Drugs

- The use of alcohol and illegal drugs on site are strictly forbidden

Safeguarding

If anyone suspects or sees anything related to the safety and well being of anyone on site please report IMMEDIATELY to the club welfare officer (details below).

Welfare Officer

Chris Guttridge

Tel: 07738176880

Email: crguttridge@gmail.com

(Last reviewed July 2018 by *Chris Guttridge*)