

## **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

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(Last reviewed July 2018 by *Chris Guttridge*)