



RICHMOND CANOE CLUB GYM USE POLICY



1. Anyone under 18 must be supervised by an adult whilst training in the gym.
 - 1a. Anyone under 18 performing bench press must have a spotter, or spotters.
2. The gym is an unsupervised environment. By training in the gym you take responsibility for your own safety. You are advised to train with at least one other person.
3. You must keep the gym clean and tidy by putting away all the equipment you have used. Do not leave weights on bars.
4. Wipe down the equipment after you have used it with a towel or the paper towel available in the gym.
5. Turn on the fan by the back window when you start your session, and turn this off at the end of your session.
6. The gym is reserved at times for specific groups- please do not use the gym without asking during a timetabled session unless you are part of the group. For timetabled sessions see the website or the schedule on the board.
7. You must make sure you are physically able to use the gym and if appropriate discuss your fitness plans with your doctor, especially if you have a pre-existing condition or are on medication.
8. Do not bring glasses or mugs into the gym, use a bottle for your water.
9. Avoid dropping weights onto the floor. Lower them down gently.
10. If anything in the gym is broken or needs replacing, please let the House Steward know.
11. Appropriate clothing and footwear must be worn in the gym. No wet kit is allowed in the gym.
12. Anyone using the gym must be a full member of the club.

Additional Advice:

- Warm up and cool down to avoid injury and make gradual increases in your training, especially if you are new to weight training.
- Use good technique for all exercises.
- If you're unsure about anything in the gym, ask the advice from one of the coaches who are experienced with weight training.
- Be aware of who is working out around you and what movements they are doing so you can stay out of their way.
- It is always better to workout with a partner or group. If you are lifting heavy weights,



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you should train with someone who can spot your lifts to avoid accidents and injury.