

**IT ALL
STARTS
HERE** →



GYM & FITNESS CENTRE RULES

You use the equipment at your own risk and Management assumes no responsibility for any injury that may occur.

To use the gym area you must be a current financial member of PCYC or be claiming a Gym+Fitness offer for the first time, and must report to reception before commencing your activity.

All persons under 18 must receive a compulsory full induction of the use of equipment prior to using the gym. Additionally:

- For those over 16 who have completed the induction, a parent or guardian can consent and sign-off on using the gym without supervision
- Children age 12-16 must complete an induction together with a parent or guardian and must be supervised in the gym.
- Children age 12-16 can attend a club program run by the gym provided full inductions are carried out.

No food or uncapped drinks allowed.

PCYC has a Drug-Free policy – No illegal or performance enhancing drugs are permitted on the premises.

Hygiene - You must provide your own towel that is to be used on all benches, seats and other applicable equipment. Please wipe down benches and seats after use.

Safety Issues - Weights are to be removed from equipment and replaced in their correct place after use. Locking collars are to be used on all barbells and dumbbells. Bags and personal items must be stored where they will not present a risk to other people. Report any hazards or incidents to reception. Please report faulty or damaged equipment to a staff member immediately.

Restricted Access - Children under 16 years of age are not permitted to use weights equipment without proper supervision.

Please be watchful of your belongings. We are not responsible for lost or stolen items.

Thank you for observing our rules and making the use of this area safe and enjoyable for yourself and others.