**Rame Gig Club - Tony Jago Fitness Suite**

**Terms and Conditions**

**For your safety and enjoyment the following Terms and Conditions are to be adhered to.**

**1. With the Fitness Suite not being manned for safety reasons a member is not to use the Fitness Suite if they are on their own and if they do,**

**IT IS ENTIRELY AT THEIR OWN RISK.**

**2. You are to sign in/out when entering/leaving in the book provided.**

**3. The equipment is to be used with regard to the safe use of the piece of equipment and other users of the Fitness Suite.**

**4. During busy periods when there are a number of users the time period on a piece of equipment is restricted to 20 minutes.**

**5. You are to wipe off any equipment after use to ensure the equipment is clean for other users.**

**6. Do not enter the Fitness Suite with wet/dirty clothing or sand covered footwear.**

**7. If a piece of equipment is not working correctly indicate this either in the book remarks column or by placing a notice on the equipment.**

**8. Due to the cost of the equipment please use the it with due care and consideration.**

**9. Alcohol is not permitted in the Fitness Suite.**

**10. If you use the balcony please respect the privacy of the neighbours.**

**11. You are to conduct yourselves in a manner which does not annoy or offend other users.**

**12. Be aware training sessions for rowers will take precedence.**

**13. The last person to leave is to switch off all electrics with exception of the rowing machine charging cables.**