



## **DRFC Gym “Rules”**

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### **Rules on Safety and Hygiene in the Gym**

By visiting Dorking RFC Gym you are agreeing to the following rules.

You must:

- Remain aware and adhere to the most up to date guidance on social distancing in the gym
- Not visit the Gym if you or anyone you live with has tested positive for Covid 19 or shows any Symptoms of Covid-19.
- Wash or sanitise your hands thoroughly before entering the gym and regularly while in the gym
- Wipe down kit when finished using it with cleaning products provided for this purpose
- Use water fountain to fill your water bottles and not to drink from it
- NO RUGBY BOOTS OR MUDDY CLOTHING OR SHOES are to be worn inside the Gym.

Failure to comply may result in you being asked to leave the gym.

### **General Gym Rules**

Use your own QR code when you visit Dorking RFC Gym as it's personal to you. Please don't let anyone else use it. We monitor QR usage by CCTV and Software to ensure the safety of our members and misuse may result in us applying additional charges to your membership fees.

We operate a zero tolerance policy on the use of any drugs or illegal performance enhancing substances. Any incidents will be reported to the correct authorities. (Local law enforcement or RFU)

On joining all members are offered a comprehensive induction to instruct you on the use of the gym equipment. You are strongly advised to undertake this. Dorking Rugby Football Club Limited will not accept any liability for any claim for personal injury if you use the gym equipment having not undertaken an induction from a qualified member of Dorking RFC Gym staff.



## Dorking Rugby Football Club Gym policy May 2021

You are responsible for monitoring your own physical condition throughout your use of the gym. In the event of any unusual symptoms occurring you should what you are doing and inform a member of staff immediately

You must only use the equipment and facilities in the correct manner according to instructions and/or induction training; You must not use the same in any manner which constitutes a health and safety risk either to yourself or to others. Dorking Rugby Club Gym and Dorking Rugby Club are not responsible for any injury or loss you suffer as a consequence of misuse of any equipment, or of any health condition that you may have (except where our negligence causes personal injury)

Induction bookings to be made onsite with the Gym Manager.

If you are unsure as to how to use any piece of equipment you must seek advice from a qualified member of Dorking RFC Gym staff before use of such equipment.

For safety reasons, bags are not permitted onto the gym floor and correct attire must be worn when exercising i.e. suitable comfortable exercise clothing and appropriate clean footwear. Clothing such as jeans, boots, flip-flops/sandals, rugby boots or work wear are not permitted. Any member not wearing suitable attire may be asked to leave the gym.

You may not use the gym whilst under the influence of alcohol, narcotics, tranquilizers or any medication or other substance, which may affect your ability to exercise safely. Dorking RFC Gym reserves the right to remove you from the premises if it reasonably believes you are unfit to use the facilities.

As a courtesy to other members, a small gym towel must be carried to wipe down equipment after use.

Can you ensure that you put your weights back in their original place when finished; failure to do so may result in your membership being terminated.

Please do not misuse the weights by dropping them on the floor, failure to do so may result in your membership being terminated.

Please do not take photographs/videos on the premises or post remarks to the internet that may identify another member.

You must not behave in an aggressive, abusive, anti-social or threatening manner to any staff or member, any one doing so will have their membership terminated immediately and Dorking RFC Gym reserves the right to contact the Police if deemed necessary.

Only Dorking RFC Gym appointed trainers are permitted to train members in the Gym unless granted express permission in writing from Dorking RFC Limited. Anyone else undertaking members' training will be asked to leave the gym immediately.



## **Dorking Rugby Football Club Gym policy May 2021**

Members are solely responsible for their own belongings whilst visiting Dorking RFC Gym. Dorking Rugby Football Club Limited accepts no responsibility for any loss or damage to personal property.

Members are asked to only use the lockers for the duration of their training session. Lockers will be emptied at night and items removed to lost property. Padlocks may be broken to gain access and will not be replaced by Dorking Rugby Football Club.

Although we will always endeavor to return any articles of lost property to the owner, we do not take responsibility for any item held in lost property. Such items will be kept until claimed, but for no longer than one week after which time the items will be donated to charity or destroyed.

The Changing Rooms will only be available for use within Gym opening hours and as allowed inside of Government Covid-19 regulations.

Members must inform Dorking Rugby Club Gym of any change of contact and email address or telephone numbers. These changes can be made in the Members area of the Club right members app. By accessing the gym and using the gym equipment members are deemed to have read and understood the terms and conditions of membership.

Should any of your membership questionnaire (Par Q) answers result in you being required to discuss your intention to exercise with your doctor, please be aware that your subscription remains active and any fees collected are non-refundable

Smoking, including e- cigarettes, is strictly prohibited in all areas of the gym and rugby facility. Any member found to be in breach of this rule may have their membership terminated.

Members may not bring any pets (other than official aid dogs) into the gym.

### **Booking Classes**

Members must arrive promptly for class start times, late arrival may result in being refused entry to the class but still being charged

Members are recommended to book in advance to ensure that a class has space for them.

Members can book online from 8 days in advance.

You must cancel your class at least 24 hours before it starts or this will be recorded as a no show but still charged.

If a class is full a member can book onto a waiting list. An email will be sent confirming the members place on the waiting list.

Members with extenuating circumstances affecting their ability to attend classes should contact the club directly