



Rules & Regulations

for use of the Royal Air Force Club

Fitness Centre

The Fitness Centre is for the use of Club Members and residents who are staying in the Club. Guests of Members, unless resident, are not allowed to access and to use the equipment.

PLEASE NOTE: All Members and Guests using the facility for the first time, will be given a copy of these Rules & Regulations and are required to read, sign and date the Fitness Centre Sign-In Book before using the facilities.

Opening Hours:

- The Fitness Centre will be open daily, between 0600hrs to 2200hrs.
- The Club may on occasion need to close the Fitness Centre at any time for maintenance or cleaning without prior notice although where possible, notice will be given.

Dress Code:

- All users should wear appropriate clothing and footwear to comply with the requirements of the Fitness Centre.

Access to Fitness Centre:

- Those using the Fitness Centre must be aged 16 or above and those between 16-18 years of age must be accompanied by an adult at all times. Children under 16 years of age are not permitted to enter the area or use the facilities.
- Those who are not making use of the equipment are not allowed in the area.
- All residents/members must sign in the book provided prior to using the facilities on each visit. By signing in, the user agrees to the rules and the Fitness Centre disclaimer.
- Anyone who wishes to use the Fitness Centre must get their membership card/door card activated by reception.
- For health and safety reasons, the door must not be left on the latch at any time.

General Rules & Regulations:

- Persons using the equipment in the Fitness Centre are responsible for their own safety.
- Smoking, eating and drinking (except water) is prohibited in the Fitness Centre at all times.
- For the benefit of all, it is requested that you return equipment to the correct place when finished.
- Private coaching, assessments and other related activities are not allowed without prior authorization from the RAF Club management.
- Please mute mobile phones whilst in the Fitness Centre.
- Please do not bring any glass into the Fitness Centre.
- Please leave the changing area in a clean and tidy state at all times.
- Please use the wipes for the machines at the end of your session.
- In case of any equipment breakdown, we request that you immediately contact a member of the Front Desk team on extension 117.
- Please handle the equipment in the Fitness Centre with care. Users are responsible for any damages to the facilities or equipment.
- The RAF Club reserves the right to make a charge for any equipment damaged by wilful behaviour.
- The RAF Club will take no responsibility for the loss, theft or damage of belongings brought into the Gymnasium or left in lockers by users.
- All lockers must be emptied at the end of each session. Any items left in the lockers overnight will be removed. The Club provides lockers for long term storage and more information can be found at reception.
- The RAF Club will not be responsible for any loss, injury or death of anyone using the facility.
- The General Rules and Regulations of the Club are also applicable to this facility.
- Access to a Fitness Centre is free, but consideration may be given to the introduction of a charge at a later date.
- Users are responsible for their own property and safety.
- Members who appear intoxicated will be refused entry or may be asked to leave.
- Failure to comply with the above rules may result in loss of gym privileges.
- The Fitness Centre is covered by CCTV.