1.All members must register at reception by swiping their membership card prior to gaining access to any of the CSA fitness facilities. This includes access to the free weights room, changing rooms and café areas. CSA has the right to turn away anyone not producing their membership cards.

**Comberton Sports & Arts**

**Gym Etiquette Guidelines**

2. All members must dress in gym attire when using the Fitness facilities. i.e. No jeans / trousers or shoes/boots. Clean trainers are expected.

3. Gym attire must stay ‘on’ at all times.

4. No bags are allowed in the fitness suite nor the free weights room. Lockers and the changing rooms are to be used to store items.

5. All personal belongings are your own responsibility.

 6. Lockers are available in exchange for membership cards at the gym reception.

* You bring your own personal belongings to the club at your own risk.
* If you lose a key, you will have to pay £10 to cover the cost of a new key.
* If you leave belongings overnight CSA have the right to remove your belongings. You will have 2 weeks to re-claim your belongings at the gym reception after which CSA will not be responsible for them.
* CSA has a lost property section at the Gym reception.

7. Changing rooms are for ‘changing’ only and not as a social area to ‘hang out’ or eating in.

8.It is totally unacceptable to take non-members into any of the CSA Fitness facility areas unless they have specific permission from the General Manager.

9.Bad language, shouting, or ‘horseplay’ will not be tolerated whilst using the CSA facilities.

10.All members must tidy away any weights used and leave the gym in a tidy condition. We do ask that you wipe down the equipment after each use with the wipes provided.

11.All litter must be placed in the bins provided.

12.No eating is allowed within the CSA fitness facilities except at the café area.

13.Members are responsible for the replacement cost of any equipment in the event of loss or damage. Any abuse of privileges (e.g. card sharing) may result in loss of membership without refund.

14.Those who have not adhered to the guidelines above may be asked to leave the facilities.

15.Any incidents involving 6th formers will be reported to the Head of CVC Sixth From college.

**I agree to follow the etiquette guidelines and acknowledge that Comberton Sports & Arts reserves the right to terminate any sixth form gym membership if it felt that the member is not abiding by the above etiquette and guidance.**

**Signed: ………………………………………………………………… Date………………………**