

## Force Fitness Ayr 24-Hour Gym Policies

### Access Policy

-It is crucial to utilize your personal Finger Print/Sign in credentials for every visit. Sharing access credentials is strictly prohibited. For security, we monitor turnstile usage and the gym floor through 24/7 CCTV surveillance. Misuse or disruptive behaviour may lead to membership termination.

-Use of Facilities available to those aged 16 and over.

-No use of Facilities for Non-Members after the hours of 21:00.

### 1. Use of Equipment

- Members must use gym equipment safely and according to provided guidelines.

- Unauthorized equipment modification or tampering is prohibited; report malfunctions to staff.

- Do not use equipment in compromised physical states or under the influence of impairing substances.

### 2. Cleaning of Equipment

- After use, clean equipment with provided sanitizing materials to maintain hygiene.

- Convenient cleaning stations are positioned for efficient sanitization.

### 3. Returning Used Equipment

- Return weights, bars, and accessories to designated areas after use.

- Keep gym floor clear when equipment is not in use for safety and organization.

### 4. Respectful Behaviour

- Maintain respectful attitude towards staff and fellow members.

- Avoid disruptive behaviour that might disrupt others' workouts.

### 5. Orderly Facility Use

- Follow posted signs and guidelines for orderly facility use.

- Respect designated areas and avoid obstructing pathways.

### 6. Respect for Other Members

- Treat fellow members courteously to create an enjoyable gym experience.
- Share equipment and alternate usage during peak hours to ensure fairness.

#### 7. Photography and Video

- Photos and videos are permitted for personal use, subject to guidelines:
  - Obtain consent before capturing others in media.
  - Avoid capturing other members in changing rooms.
  - Delete images upon request to maintain privacy.
  - Comply with staff if asked to stop filming.
  - Obtain consent before sharing media on social platforms.

#### 8. Behaviours Leading to Termination

- Using others' access credentials is prohibited.
- Maintain equipment and refrain from dropping weights.
- Display dignity and respect; avoid aggressive or abusive behaviour.
- Unauthorized personal training with members is prohibited.
- No smoking, including e-cigarettes, in the gym.
- Avoid exercising under the influence.
- Do not block fire/emergency doors or tamper with extinguishers.
- Avoid potentially harmful activities without supervision.
- Keep the gym clean and use lockers appropriately.
- Use Changing Rooms within operating hours.

#### 9. Disclaimer for Using the Gym

- Members acknowledge inherent risks in exercise and equipment use.
- Consult professionals for safe participation.
- Members assume all risks and release Force Fitness Ayr from claims.

By enrolling as a member, you agree to comply with these policies. Non-compliance may lead to suspension or termination. Prioritizing your safety, comfort, and positive experience is our commitment. Thank you for your cooperation.

Force Fitness Ayr