

Fitness Suite @ Bridport Leisure Centre Etiquette

In order to provide you with the best quality of service, we ask you to observe the following:

Service Pledge

Our Bit.....We will provide:

- Friendly, helpful and qualified Staff who will be eager to assist at all times
- Clear fitness programmes with attainment targets & goals
- Regular updates to your programme
- A well maintained and well equipped Gym
- Comfortable ambient temperatures between 19 and 24° c
- Advanced warning of any changes to opening hours
- A clean and tidy environment for you to enjoy your exercise

Your Bit..... We would be really grateful if you could:

- Show courtesy and consideration to all members of the Gym and its Staff
- Respect the property of the Leisure Centre
- Exercise within your ability as over-exertion or poor technique can result in injury
- Avoid bringing bags into the Gym as these cause obstruction and are a potential hazard. Instead, please use the lockers by the Changing Rooms
- Report any safety concerns or equipment faults immediately to any member of Staff
- Advise Staff if your medical status changes which might affect your ability to exercise

General Rules

- You must have completed an induction before using the Gym
- Help us keep the Gym clean and only wear INDOOR trainers
- Help us keep the equipment sanitised by wiping down after use (please bring a towel with you)
- Treat the equipment with respect such as returning weights to the racks
- Do not compromise the exercise by lifting too much weight, and please do not drop the weights
- Help us maintain a safe environment by reporting any spillages immediately
- All incidents or accidents must be reported to any member of Staff
- Loose clothing can be hung on the coat hooks provided
- When using the cardio-vascular equipment during busy periods, please limit your time to 20 minutes
- The use of mobile phones in the Gym is restricted for emergency use only
- Valuables can be stored in the small lockers provided (however, Bridport & West Dorset Sports Trust takes no responsibility for the theft or loss of personal belongings).