

GYM RULES



- To complete the sign up process and become a JD Gyms Member, you must read this PDF including the Health Declaration below, and tick that you agree. Membership will not be able to be processed unless the box has been ticked in agreement.
- Our Members must use their fingerprint or PIN number on each visit to gain access to JD Gyms.
- We use CCTV to monitor access and usage to ensure the safety and security of our members.
- If your access is via a PIN number, this is solely for the use of yourself. It may not be passed on to anyone else (we monitor all PIN number usage and any misuse may result in the termination of membership).
- On joining JD Gyms, we offer all our members a comprehensive induction to instruct you on the safe use of the gym equipment. We strongly advise you undertake this. JD Gyms will not accept any liability for any personal injury claim if you use the gym equipment having not undertaken an induction from a qualified member of JD Gyms staff.
- An Induction appointments can be made via the member login section on the JD Gyms website.
- If you are unsure at any time as to how to use any piece of equipment, you must seek advice from a qualified member of JD Gyms staff before you use it.
- We ask you wear clean, tidy, none offensive gym kit and that you smell fresh.
- We don't allow you to train in attire such as jeans, work-wear, boots, flip flops or sandals.
- Bags are not allowed on the gym floor. It looks untidy and can cause a trip hazard.
- Lockers are provided for you to store your belongings for the duration of your workout. Lockers will be emptied at night and members' items removed to lost property. Padlocks maybe broken to gain entry and will not be replaced.
- Members are solely responsible for their own belongings whilst attending JD Gyms. We accept no responsibility for any loss or damage to personal property.
- It's worth bringing a sweat towel if you plan on working hard. No one wants to sit on sweaty machine.
- Equipment should be put away when you've finished with it, so someone else can use it.
- Please be mindful of not spending long periods of time on equipment if someone is waiting for it.
- Be mindful of your language and manner. We don't tolerate aggressive or abusive behaviour. We reserve the right to contact the police if necessary.
- Please 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 weights by dropping them on the floor. This may result in your membership being terminated.
- You may not use JD Gyms whilst under the influence of alcohol, tranquilizers, narcotics or any medication/substance which may affect your ability to exercise safely. JD Gyms reserves the right to remove you from the premises if it reasonable believes you are unfit to use the facilities.
- You are not permitted to take photographs/videos on the premises or post remarks to the internet that may identify another member.
- Only JD Gyms licensed personal trainers are permitted to train members in the gym. Anyone else undertaking members' training will be asked to leave the gym immediately.
- We do not take responsibility for any item held in lost property. These items will be kept until claimed but for no longer than one week. After one week, the items will either be donated to charity or destroyed.
- By accessing the gym and using the equipment, our members are deemed to have read and understood the membership terms and conditions.
- Members must inform JD Gyms of any change of home address, email address or telephone number. These changes can be made directly with the gym staff on the PC's or via email to the relevant gym.
- Members are advised to inform JD Gyms of any change in medical health that could affect their ability to exercise in the gym.
- We ask our members to come and see us for any help you need at all whilst in the gym.
- Smoking (including e- cigarettes) is strictly prohibited in all areas of the gym. Any member found to be in breach of this rule may have their membership terminated.
- If you are attending a class or a personal training session, we ask that you are on time. If you are late, the instructor or personal trainer is within their rights to refuse you entry.
- Please be respectful when it comes to closing the gym. You'll be asked politely and respectfully to leave on time.
- Members may not bring any pets (other than guide dogs) onto the premises.

HEALTH DECLARATION



Your health is your responsibility. The management and staff of this organisation are dedicated to helping you take every opportunity to enjoy the facilities that we offer. With this in mind, we have carefully considered what we can reasonably expect of each other.

Health Commitment Statement


Our commitment to you

1. We will respect your personal decisions, and allow you to make your own decisions about what exercise you can carry out. However, we ask you not to exercise beyond what you consider to be your own abilities.
2. We will make every reasonable effort to make sure that our equipment and facilities are in a safe condition for you to use and enjoy.
3. We will take all reasonable steps to make sure that our staff are qualified to the fitness industry standards as set out by the Register of Exercise Professionals.
4. If you tell us that you have a disability which puts you at a substantial disadvantage in accessing our equipment and facilities, we will consider what adjustments, if any, are reasonable for us to make.

Your commitment to us

1. You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with you exercising safely, before you use our equipment and facilities you should get advice from a relevant medical professional and follow that advice.
2. You should make yourself aware of any rules and instructions, including warning notices, and follow them. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
3. You should let us know immediately if you feel ill when using our equipment or facilities. Our staff members are not qualified doctors, but there will be a person available who has had first-aid training.
4. If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

Health Commitment Statement™
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