

CLUB RULES



We want to ensure all our members and guests have the best club experience possible so if you're coming down to TP Fitness today, make sure you check out the club rules (below) that we expect all our members and guests to abide by. Our first priority is always the safety of our members and our team!

SAFE EXERCISE – MEMBER SAFETY & HYGIENE

- Do not visit TP Fitness if you are showing any symptoms or test positive for Covid-19
- Wash or sanitise your hands thoroughly on entering and exiting our premises and regularly whilst exercising.
- Wipe down equipment once you have used it with the clean products provided. Cleaning stations are available in the gym for everyone to use.

GENERAL GYM RULES

- To enter TP Fitness, you will need your card/cod and you cannot lend it to anyone else as it belongs to you (you'll need to check in on every visit).
- On joining, all members are offered a comprehensive free "gym orientation" to instruct you on the use of the gym equipment. You are strongly advised to undertake this. **TP Fitness** will not accept any liability for any claim for personal injury if you use the gym equipment having not undertaken an induction from a qualified member of the team before using such equipment.
- Gym orientation booking can be made in the club.
- If you are unsure as to how to use any piece of equipment you must seek advice from a qualified member of the team before using such equipment.
- For safety reasons, bags are not permitted onto the gym or studio floor correct attire must be worn whilst exercising at all times i.e., suitable comfortable exercise clothing, appropriate footwear and no bare chests! Clothing such as jeans, boots, flip flops/sandals or work wear are not permitted. Any member not wearing suitable attire may be asked to leave.
- You may not use the club whilst under the influence of alcohol, narcotics, tranquilisers or any medication or other substance which may affect your ability to exercise safely. **TP Fitness** reserves the right to remove you from the premises if it believes you are unfit to use the facilities.
- Please replace weights and don't drop them as a) a safety hazard b) damages the equipment c) disturbs other members d) may cause injury failure to adhere to these rules may result in your membership being terminated.
- Please be respectful of other people's privacy when using personal technology in the club. You must get prior permission from all the people who will appear in any photograph you take or video footage you make whilst in the club. Retrospective consent should also be obtained where images are accidentally captured and the image/footage deleted where consent is withheld. If you intend to use an image then you must explain what it will be used for and who might see it and obtain the individual's consent to do so. We reserve the right to terminate a member(s) membership or ask visitor(s) to leave the premises if personal technology is inappropriately used. We are aware that filming and photography takes place in our clubs from time to time so if you do not wish your image to be used in any filming or photography by TP Fitness, please inform a member of the team.
- Please consider others when using your mobile phone and keep calls to a minimum.
- Only TP Fitness licensed personal trainers are permitted to undertake personal training sessions in the club. Anyone else undertaking members' training will be asked to leave the gym immediately.

CLUB RULES



- Please keep your valuables with you or stored in a locker at all times. If we find anything, we'll look after it for you. . . however if someone else finds it we cannot predict the outcome! **TP Fitness** accepts no responsibility for any loss or damage to personal property whilst on the premises.
- Members are asked to only use the lockers for the duration of their training session.
- Although we will always endeavour to return any articles of lost property to the owner, we do not take responsibility for any item held in lost property. Such items will be kept until claimed, but for no longer than one week after which time the items will either be donated to charity or destroyed.
- In the changing rooms, please close lockers after use, put all rubbish in the bins.
- We consider our members and staff one big, happy, healthy family so please respect the club, our staff and each other at all times.
- Appropriate behaviour is required so as not to jeopardise your safety or the safety of others. If in our reasonable opinion, a member's continued membership is likely to be injurious to the character and interests of TP Fitness, we reserve the right to terminate that membership, anyone doing so will have their membership terminated immediately and **TP Fitness** reserves the right to contact the Police if deemed necessary.
- Members must inform TP Fitness of any change of contact and email address or telephone numbers. These changes can be made in the Club Right app.
- By accessing TP Fitness and by using the gym equipment members are deemed to have read and understood the terms and conditions of membership, the club rules (which are also displayed and updated in club), the Health Commitment Statement.
- By agreeing to the Health Commitment Statement, you are agreeing that you are fit and healthy to train and are also responsible for your own health and wellbeing.
- Smoking, including e-cigarettes are strictly prohibited in all areas of the gym. Any member found to be breach of this rule may have their membership terminated.
- Members may not bring any pets (other than official aid dogs) into the gym.

CLASS BOOKING & CLASS ATTENDANCE RULES

- Members must arrive promptly for class start times – I'm afraid we can't allow you to join if the class has already started – it's not fair on your muscles (or the other members)
- Members are recommended to book in advance to ensure that a class has space for them.
- Members can book online from 6 days in advance.
- TP Fitness operates with a "three strike" non-attendance rule, whereby three no-shows within a 28-day rolling period will result in a 7-day booking ban. Any further classes you have booked will also be cancelled. You must cancel your class at least 1 hour before the start time or this will be recorded as a no show.
- Our classes get full. If a member is unable to attend, they should cancel in advance to avoid receiving a strike. If a class is full a member can book onto a waiting list. An email will be sent confirming the members place on the waiting list.
- Members with extenuating circumstances impacting their ability to attend classes should contact TP Fitness directly.

Enjoy your workout here at TP Fitness!