

Surrey Sports Park Gym Rules

Thank you for helping us maintain a safe, respectful and enjoyable training environment at Surrey Sports Park.

Membership and Access

- Do not share your membership card with anyone or allow anyone else to use it.
- If someone tailgates you into the gym, please report it to a member of staff.

Health, Safety and Personal Responsibility

- Do not use gym machines or equipment if you are unwell or not capable of exercising unsupervised.
- Do not use the gym while under the influence of alcohol, narcotics, tranquilisers, medication or any other substance that may affect your ability to exercise safely.
- Do not bring illegal substances into the gym.
- Take personal responsibility for your training and safety and train only within your ability.
- Seek advice from a member of SSP staff if you are unsure how to use any gym machine or equipment.

Emergency Procedures

- In the event of a fire, an alarm will sound. A Fitness Consultant will direct you to a marked fire exit.
- Please gather at the coach car park and follow staff instructions.

Bags and Personal Belongings

- Only small drawstring-style bags, or equivalent small bags, are permitted in the gym.
- Large items, including laptops, rucksacks, holdalls, duffel bags and backpacks, are not permitted on the gym floor.
- Please store rucksacks, holdalls, duffel bags, backpacks and coats in the lockers provided on the ground floor.

Clothing and Footwear

- Appropriate athletic clothing must be worn at all times. Jeans and workwear are not permitted.
- Do not wear clothing that may cause offence to others.
- Appropriate athletic footwear must be worn in all areas and when using all equipment.
- Boots, sliders, slippers, Crocs, sandals, flip-flops and other slip-on shoes are not permitted.

Phones, Photography and Filming

- Please leave the gym floor to make or take telephone calls.
- Keep phone use for other purposes to a minimum while using gym equipment.
- Do not take pictures, record videos or livestream other members without their permission.
- If staff or another member asks you to stop filming for privacy reasons, you must do so.

Equipment Safety and Hygiene

- Minimise safety risks and use barbell clips whenever using a barbell.
- Wear the emergency-stop clip whenever using a treadmill.
- Avoid dropping or slamming weights outside the free-weights area.
- Wipe down benches, machines and other equipment after use.
- Return all equipment to its designated storage area when you have finished using it.

Sharing Equipment and Time Limits

- Please be mindful of other gym users and allow them to work in between your sets where possible.
- Rack and platform use is limited to 45 minutes during busy periods.

Thank you for your cooperation.