



GYM REGULATIONS

Gym Hours: Monday – Sunday, 06h00 – 20h00

1. Entrance to the facility will be open during the hours stated above. Outside of these times the key may be obtained from the main gate and signed for.
2. Residents should have completed the indemnity form which will include acceptance of the regulations for using the Gym upon registration.
3. Access to the Gym is for Residents only. If you are letting your house, the tenants will be allowed to use the Gym, but not the owner who is not staying on the Estate. Children between the age of 13 and 16 must be accompanied by adult supervision, no exceptions will be allowed. For safety reason no children under the age of 13 will be allowed in the gym.
4. Please use the equipment for its intended purpose. Do not hesitate to ask for assistance if required.
5. Please handle weights and equipment with care and replace after use, use a sweat towel, and wipe equipment.
6. Please report faulty or damaged equipment to Estate Manager or Leon Nel (082 894 4619), gym Co-Ordinator as soon as possible.
7. No food or drinks allowed in Gym except water bottles and sport drinks. No mixing of shakes in the gym.
8. You will be liable for any damages caused by yourself in the Gym.
9. Appropriate gym wear must be worn at all times while exercising. Closed footwear, no flip-flops will be allowed.
10. No shirtless training is permitted.
11. Earls Court Gym and any of his/ her representatives will not be liable for any injuries or damage which may occur from training at Earls Court Gym.
12. Owners that are not familiar with the Gym equipment should not hesitate to contact Leon Nel, the Gym Co-Ordinator for assistance.
13. Please keep your own safety and the safety of others in consideration when making use of the facilities.

14. The upper floor is strictly out of bounds NO EQUIPMENT MAY BE REMOVED FROM THERE.

15. Members not adhering to the rules will be subjected to penalties.

16. After use; please switch off the lights, lock the door and return the key.

17. Enjoy your Gym, become fit and stay healthy.

HOMEOWNER / RESIDENT

Name in print

HOMEOWNER / RESIDENT

Signature

