

BALC Health Club Etiquette

For the safety and wellbeing of all BALC Health Club patrons please adhere to the following;

CENTRE POLICY

Patrons must be 16 years or older to enter the Health Club (unless Gold or Health Club member and have had a full health assessment and program created by one of our qualified instructors).

Membership cards and casual pass receipts must be produced upon request at any time.

HEALTH CLUB ETIQUETTE

Carry and use a towel for hygiene. NO TOWEL, NO WORKOUT! Towels can be purchased at reception from \$2.50.

Wipe down machines and equipment after use.

A 15 minute time limit applies on all cardio equipment when all of the same group of machines are in use (eg, if all treadmills are being used, there is a 15 min time limit on the treadmills).

Use a locker for bags and personal belongings.

Return weights after use.

Rest away from equipment between sets, allowing others to share.

SAFETY POLICY

Wear correct attire at all times, i.e., shorts, T-shirt/Singlet, Tracksuit, Runners or Sporting Footwear (footwear must have covered heel and toe).

Dropping weights is unacceptable.

It is offensive to others; it is unsafe and may lead to weights and floor being damaged.

Ensure weight collars are used when using barbells, and refrain from adding weight to pin loaded machines.

Use a spotter when available to ensure safe training.

No food, cans or glass bottles are permitted in gym.

Report all breakages / damage to Health Club staff.

Don't offer unsolicited advice.

Unless you are a certified Health Club Instructor employed by the BALC, do not attempt to correct other people's form. If someone asks you how to perform an exercise, advise them to talk to a health club staff member.

Any concerns about other patrons technique and safety should be addressed to a Health Club staff member. If you need advice on technique, equipment use, or your program please speak to a Health Club staff member for assistance and support to ensure you get the most out of your workout. Your technique and safety is important to us. Please respect and follow the advice given to you by our Health Club staff.

Patrons, please be advised Staff and Management reserve the right to ask you to leave the Health Club if you do not follow the above etiquette and safety policy.