

STRENGTH AND CONDITIONING ROOM CONDITIONS OF USE

- Supervision ratio 1:16
- Capacity of area 16 people
- External instructors must be at least Reps L3 qualified
- Equipment must not be transferred between rooms
- In group training session - no personal music systems
- Keep weights on platforms at all times
- Gym conditions apply e.g. gym towel, clean kit, no bags
- Clean and correct footwear - no flip flops
- All equipment is returned to relevant place after use
- Room to be left clean and tidy after use