

PLEASE READ THE FOLLOWING INFORMATION BEFORE USING THE GYMNASIUM

PLEASE DO NOT USE THE GYM IF YOU:

- * Suffer from heart disease or circulatory problems
- * Suffer from an illness causing an inability to perspire
- * Are taking anticoagulants, antihistamines, vasodilators, vasoconstrictions, stimulants, hypnotics, narcotics or tranquillizers or any other medications
- * Have eaten a heavy meal within one and a half hours
- * Have consumed alcohol within one and a half hours
- * Are pregnant
- * Are feeling unwell and suffering from any medical condition

PLEASE BE AWARE:

- * Of how all equipment is operated before using
- * Please wear appropriate sportive clothing and sports shoes whilst using the facilities
- * Long periods in the gymnasium are not recommended
- * The equipment must only be adjusted by a trained person

HOW TO USE THE GYMNASIUM SAFELY:

- * Remove any metal items, jewelry and watches as they can cause injury
- * Remove contact lenses as they may become uncomfortable
- * Remove suntan lotion and makeup and take a warm shower
- * Only operate equipment in the specified manner
- * Before starting a training session, please insure you warm up completely
- * Before leaving the gymnasium make sure you cool down
- * Use a dry towel to wrap yourself in and relax for 15-20 minutes or until your body temperature has returned to normal and take a warm shower before dressing
- * ALWAYS replace lost fluids by drinking plenty of fluids but NOT alcohol
- * WHEN USING THE GYMNASIUM IF YOU FEEL ILL AT ANY TIME LEAVE THE GYM IMMEDIATELY AND CONSULT A MEMBER OF STAFF OR SEEK MEDICAL ADVICE IF NECESSARY

ARE YOU IN ONE OF THESE GROUPS?

- * CHILDREN – Children less than 16 years old are not allowed in the gymnasium.
- * ELDERLY – you should be careful due to the stresses on the heart and circulatory system
- * PREGNANT WOMEN - Use of the gymnasium should be avoided unless a work out regime has been agreed with your doctor