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**GYMNASIUM RULES**

**RULES / GENERAL CLUBHOUSE USE**

- 1.1 Operating hours are displayed at the front door. Opening and closing hours may vary from time to time.
- 1.2 Pets (other than guide dogs) are not allowed.
- 1.3 Firearms or other weapons are not permitted.
- 1.4 Smoking is not permitted anywhere on Gym premises or within the Clubhouse.
- 1.5 The taking of photographs or videos is prohibited. Use of camera phones is not permitted in this facility without prior approval from management.
- 1.6 Drugs or alcohol is prohibited the Gym or Clubhouse area.
- 1.7 Except for capped water bottles, eating or drinking is prohibited. Please dispose of all trash in the proper bins provided inside of the fitness centre.

**2. ACCESS POLICY**

- 2.1 Access will be granted once members are registered on the system. This is done by means of a finger print reading.
- 2.2 Only registered members allowed inside the Gym area.
- 2.3 All visitors must be accompanied by a member (squash only)
- 2.4 If a member does not reside on the estate, but has a tenant in his residence, member waives all rights to the use of Gym and Clubhouse facilities.
- 2.5 Members are not allowed to open the turnstile gate for guests. Guests / visitors (squash only) must be registered on the system 2 days in advance.

### **3. CHILDREN'S ACCESS**

Children under the age of 12 years may not use any equipment in the Gym.

### **4. USE OF EQUIPMENT**

- 4.1 Equipment must be used for its intended purpose and follow the instructions provided. Do ask for help if you need it.
- 4.2 It is suggested you inspect equipment before use and do not use the equipment if it appears damaged and/or inoperable or any component appears to be missing, worn and/or damaged.
- 4.3 Please report damaged equipment to Estate Manager.
- 4.4 When using strength equipment make sure that the weight pin is completely inserted. Never pin the weight stack in an elevated position. Inspect all cables, straps and other connections.
- 4.5 Do not use dumbbells or any other equipment, other than equipment specifically provided by the manufacturer, to incrementally increase weight resistance on strength equipment.
- 4.6 Ensure that the belt has come to a complete stop before stepping onto or getting off a treadmill.
- 4.7 Handle weights and equipment with care and place back on their places after use.
- 4.8 No food, drinks or bags are allowed on the training floor, with the exception of plastic water bottles and sports drinks.
- 4.9 A sweat towel must be used at all times and wipe equipment after every use.

### **5. SAFETY**

- 5.1 No tampering with fire doors or any safety devices.
- 5.2 Please follow the health and safety notices displayed throughout the Club.
- 5.3 Emergency procedures are pinned on the wall near the water machine. If there is an emergency, please follow the staff's instructions at all times.
- 5.4 No running in the Gym or Clubhouse. Be aware of the different floor surfaces that you move across as you walk through the Club. As on-going cleaning and maintenance will be taking place, related tools, chemicals and

equipment may be hazardous, and some floor surfaces may be wet and therefore slippery. Proceed with caution in these areas.

- 5.5 Please report all injuries/incidents and/or any hazards to the Estate office.

## **6. GUEST POLICY**

- 6.1 All guests must be over 18 years.
- 6.2 Guests must be accompanied by stand owner or resident (for squash only).
- 6.3 Only 1 guest per resident (squash only).

## **7. BEHAVIOUR IN GYMNASIUM**

- 7.1 You may not enter the Clubhouse or use the facilities whilst under the influence of alcohol.
- 7.2 You must not use foul, loud or abusive language, and you must not physically or sexually abuse, or harass other gym users, guests, visitors, tenants or staff members.
- 7.3 You will have to pay for any damage caused by you, your dependants and your guests while in the Gymnasium.
- 7.4 Suitable and appropriate exercise clothing must be worn at all times while exercising in the Gym. T/Shirts/vests and closed training shoes (no slops) must be worn at all times.
- 7.5 Replace all equipment and weights back onto their places.
- 7.6 Disrupting or interfering with the workout of another member is not allowed. Respect the rights of others by using courteous and appropriate behaviour. Profanity is not allowed.

## **8. SWIMMING POOL**

**Fair Use Policy:** *The swimming pool and surrounding areas are specifically intended for communal use. No one person or group of persons may engage in any activity or behaviour that will disturb other users to the extent that their experience is unpleasant or unenjoyable.*

- 8.1 No lifeguard supervision is provided at the pool area of the Estate.
- 8.2 Children under the age of 10 years must be supervised by an adult at all times. No running on the edging of the pool – tiles might be wet and slippery.

- 8.3 You may not use the pool if you have a communicable / transmitted disease.
- 8.4 No climbing, sitting or playing on the walls around the pool area/ patio area.
- 8.5 No jumping or playing on the pool chairs.
- 8.6 Rubber dinghies and any pool play equipment that occupies space in the pool and that impacts negatively on the free and open use of the pool by other bathers, is strictly forbidden.

## **9. SQUASH COURTS**

- 9.1 Court usage /bookings are for 45 minute sessions only.
- 9.2 One session per game allowed to be booked at peak times.
- 9.3 Bookings are recorded on the booking sheet at Estate Manager.
- 9.4 Bookings can only be made a maximum of 24 hours in advance.
- 9.5 Appropriate squash shoes with non-marking soles must be worn on the squash court.

## **10. PERSONAL TRAINING**

Only authorised Personal Trainers are permitted to provide personal training in our Gym. Personal Training by any other member is not allowed whether it's for payment or not. If we find someone providing unauthorised Personal Training, our Estate Manager will investigate and you and the trainer may be expelled or suspended/ fined.

## **11. PERSONAL BELONGINGS**

- 11.1 Members must wipe off all equipment after use. Members bring their own towels; the Estate does not provide them.
- 11.2 There are no lockers in the Gym or changing facilities. Please check that your personal insurance policy covers you for loss of personal effects. We do not accept responsibility for any loss or theft of money or loss or damage to personal property of owners / tenants or their guests.
- 11.3 Do not leave your belongings unattended in the change rooms or anywhere else in the Gym or Clubhouse at any time and report any lost item immediately to the Estate Manager.
- 11.4 Any belongings left in the Gym or Clubhouse overnight will be removed and donated to charity if they are not collected within 10 days.

- 11.5 Any belongings removed or left unattended will be available at lost property at the Estate Manager Office for 14 days. If you do not collect it within this time, it will be donated to charity.

## **12. WAIVER AND RELEASE**

In the act of becoming a resident of Elawini Luxury Residential Estate (referred to as "the Company") I agree and acknowledge: that the Company will not be liable for death, injury, loss or damage suffered by me through or contributing to by any cause whatsoever including but not limited to, any negligent (including gross negligent) act and/or omission or breach of contract on the part of the Company, its directors, employees, contractors, independent consultants or other members(s); that Company premises will invariably be entered and exited (inclusive of the parking areas) entirely at my own risk and that the Company equipment and facilities will, furthermore, be utilized on this very same basis; that the Company would not be vicariously liable for any loss or damage suffered by me and/or other member(s) as a result of theft on the part of its employees, independent contractors, consultants or other member(s). In the process of becoming a member Elawini Luxury Residential Estate I and/or my estate, furthermore, indemnified the Company against any claim by any person arising directly or indirectly from my death, injury, loss or damage suffered by a member, allegedly caused or contributed to any act or omission by the Company, its directors, employees, contractors, consultants and agents.