

# Hone Gym Rules & Regulations

Must be read & understood before entering Hone Gym for the first time.

## **Membership and Access:**

The membership access process and member usage is monitored by CCTV to ensure the safety and security of our members.

Members must use their unique QR/barcode to enter Hone Gym each time.

The QR/barcode is solely for the use of the member to whom it was issued, and it may not be passed on to anyone else.

If members, or anyone else, passes through the door without using their own unique QR/barcode, then this will result in a fine or dismissal.

The fee for abusing your QR/barcode will start at £40 + fees and will rise if not paid.

When scanning your QR/barcode, please allow up to 5 seconds for it to register as the internet can be running at different speeds, but please start pushing the door straight away.

Members must inform Hone Gym of any change of contact and email address or telephone numbers.

Hone Gym reserve the right to terminate any gym membership at any time.

All members have to be out of the Hone Gym no later than 11pm, and must not be in Hone Gym before 5am.

Members must inform Hone Gym of any change of contact and email address or telephone numbers.

## **Fitness Areas:**

For safety reasons, it is essential that the correct attire is worn when exercising. Jeans, flip-flops, and boots are not permitted on the gym floor.

No outside trainers are to be worn in the gym at any given time.

No footwear is to be on the studio matted area. This is to reduce the risk of infection. Inside trainers may be worn if cleared by a member of staff.

As a health and safety precaution, members will not prop any fire doors, locked doors or any other kind of doors at any time.

Failure to follow this will result in a fine starting at £20 or instant dismissal.

No members or guests shall hang or swing on the punch bag brackets at any time.

## **Lockers:**

For security reasons, members and guests are asked to store personal belongings in the lockers provided.

Lockers are provided on a daily basis only, and items left overnight will be removed on the following day and treated as lost property.

## **Lost Property:**

Members are solely responsible for their own belongings whilst visiting Hone Gym. Hone Gym accepts no responsibility for any loss or damage to personal property.

Although we will always endeavour to return any articles of lost property to the owner, we do not take responsibility for any item held in lost property. Such items will be kept until claimed, but for no longer than three weeks.

## **Safety and Hygiene:**

On joining; before your first visit to Hone Gym you must of agreed to our membership health agreement declaration. This will be agreed upon signing up.

Members must read the FAQ's found on honegym.com.

There will be no crashing or dropping of weights of any kind and all dumbbells are to be kept and used over the matted area provided.

All members are recommended to partake in an induction. Previous gym users may decide at their discretion not to have a gym induction.

Hone Gym will not accept any liability for any claim for negligence if an induction has not been carried out by qualified gym staff.

All inductions bookings, exercise programme design and exercise monitoring can be made via honegym.com

As a courtesy to other members, a small gym towel must be carried to wipe down equipment after use.

Hone Gym accepts no liability whatsoever for injury or loss.

## **Behaviour:**

If any member shall cause nuisance or annoyance to other members, guests or staff, or misuse the club facilities, or breach any etiquette guidelines, or generally behave inappropriately, the club reserves the right to refuse admission or suspend/terminate membership.

No photography is allowed in any area of the club.

## **Emergency Equipment:**

A small first aid kit is provided in the main gym area, please inform a member of staff if it is used.

In case of a fire, please follow the fire exit signs out the main door and assemble by the green, next to the red front gates. Do not attempt to extinguish the fire yourself.

Panic buttons are available to wear throughout your visit to Hone Gym. Press and hold button for 4 seconds to alert the call centre. Improper use, or failure to replace the button after use will result in a £500 fine.

An AED is located in the foyer area of the gym. Please ring 999 to get code.

## **Member Health Agreement Declaration:**

Upon joining Hone Gym all new members are required to read and agree to the Member Health Agreement Declaration.

Hone Gym strongly recommends that all members seek medical advice before commencing a new exercise programme.

Hone Gym reserves the right to request a doctor's certificate and to reject a membership application if a satisfactory doctor's certificate is not received.