

# Adult Gym Rules

Our customers' wellbeing and safety is our top priority so to keep our customers as safe as possible, we have introduced a number of new measures. By booking onto / attending our Adult Gym session(s) you agree to the terms and conditions set out below.

*You must not attend any of our sessions if you have tested positive for Coronavirus, or if you have been told to self-isolate by NHS Test and Trace. Anyone displaying symptoms will not be allowed into the Gymnastics Centre and will be required to leave immediately. Please follow NHS and Government guidance, and if required, get yourself tested. If you receive a positive test and have recently visited the Centre, you must inform the Club ASAP by emailing: [gym@southdurhamgym.co.uk](mailto:gym@southdurhamgym.co.uk). You should also not attend any sessions if you have recently returned from a [country which requires a period of self-isolation](#) upon return. You will be permitted to return once you have completed the necessary self-isolation period.*

## PLANNING YOUR VISIT

- Adult Gym sessions are suitable people of all abilities, aged 14+
- You can drop-in to the session and pay on the door (cash/card/apple pay), or you can book and pay online in advance: <https://www.southdurhamgym.co.uk/product/adult-gym/>
- Sessions cost £6.00 per person; online group booking discounts are available:
  - 6-10 people: Use code **SAVE10** to save 10% per person
  - 11-15 people: Use code **SAVE15** to save 15% per person
  - 16-20 people: Use code **SAVE20** to save 20% per person
  - 21+ people: Use code **SAVE25** to save 25% per person

## FACE COVERINGS

- It is requested that our visitors (aged 11+) wear face coverings when inside of the Gymnastics Centre (except when eating & drinking) – face coverings should be removed once inside of the Gymnastics Hall and taking part in activity
- Customers should provide their own face coverings; however, the Office may be able to supply one if you forget

## SANITISING STATIONS

- Customers are encouraged to sanitise their hands upon arrival at the Gymnastics Centre, we thank you for your cooperation with this
- We also have a number of sanitising stations around Gymnastics Hall for customers to use throughout their visit

## CLOTHING & JEWELLERY

- Long hair must be tied back
- No outdoor footwear is permitted within the gym
- Suitable clothing must be worn at all times – no denim, combat trousers or clothing with loose parts
- All jewellery must be removed before going onto the apparatus

## SKILLS & SAFETY

- Only attempt skills/participate in activities that are suitable for your own ability and experience
- No double or triple somersaults
- No excessive swinging on the rings
- Please ask a coach for advice/help before attempting a new skill
- Please accept some skills will not be allowed due to insurance and qualification reasons

## TRAMPOLINES

- One person on the trampoline at a time
- Socks must be worn when on the trampoline

## FOOD & DRINK

- No food or drink is permitted in the gym

## ETIQUETTE

- Foul language, inappropriate gestures or behaviour will not be tolerated
- Please be courteous of the other participants, especially if the gym is busy

## RAISING CONCERNS

- Two coaches are present throughout Adult Gym if assistance is required

## STORAGE OF PERSONAL BELONGINGS

- No outdoor footwear is permitted within the Gymnastics Hall
- Personal belongings can be stored in the wooden duckets within the Gymnastics Hall
- Please keep your personal belongings safe; South Durham Gymnastics do not accept responsibility for the loss or damage to any personal belongings left unattended on the premises

## ZERO TOLERANCE POLICY

All of our measures are in place for the safety of our guests and staff. We are working extremely hard to ensure all measures are being carried out in line with Government, British Gymnastics & Durham County Council guidelines. Any persons not complying with the measures we have in place will either be refused entry, asked to leave and may be refused future entry. We are hoping our customers will work alongside us to help us keep our Centre operational and fight the virus.

South Durham Gymnastics has 5 COVID Officers in place; if you have any questions, concerns or feedback about our practices, do not hesitate to contact one of them:

- Melissa Spence - [melissa@southdurhamgymnastics.co.uk](mailto:melissa@southdurhamgymnastics.co.uk)
- Kelly Milnes - [kelly@southdurhamgymnastics.co.uk](mailto:kelly@southdurhamgymnastics.co.uk)
- Jenna Maynard - [jenna@southdurhamgymnastics.co.uk](mailto:jenna@southdurhamgymnastics.co.uk)
- Helen Maxwell - [helen@southdurhamgymnastics.co.uk](mailto:helen@southdurhamgymnastics.co.uk) *Note: Helen will be on maternity leave from Sept 2021*
- Becca Armstrong - [becca@southdurhamgymnastics.co.uk](mailto:becca@southdurhamgymnastics.co.uk) *Note: Becca will be on maternity leave from Sept 2021*

**PLEASE NOTE: WHILST WE HAVE TRIED TO MAKE YOUR VISIT WITH US AS SAFE AS POSSIBLE, YOU ENTER AND USE OUR FACILITIES AT YOUR OWN RISK**

**IF YOU DO NOT AGREE WITH THIS NOTICE FULLY, YOU SHOULD NOT ENTER THE SESSION**

**SOUTH DURHAM GYMNASTICS RESERVE THE RIGHT TO REMOVE ANYONE FROM THE SESSION WHO IS NOT ADHERING TO THE RULES**

*Thank You!*