

Adult Gym Rules

OUR CUSTOMERS' WELLBEING AND SAFETY IS OUR TOP PRIORITY. BY BOOKING ONTO / ATTENDING OUR ADULT GYM SESSION(S) YOU AGREE TO THE TERMS AND CONDITIONS SET OUT BELOW.

COVID-19

- We politely request that you do not attend any of our sessions if you are testing positive for COVID-19
- There are a number of sanitising stations throughout the gymnastics centre and hall for people to use throughout their visit

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

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

FINAL 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!