



## FCS Etiquette & Safe Training Guide

The FCS is open between the hours of 7am and 10.30pm. The facility must be vacant by 10.30pm as the overnight alarm is automatically set at this time.

### ✓DOs

- ✓ No outdoor shoes permitted. Please change into clean, indoor only gym training shoes at the door
- ✓ Even if you are an experienced Gym user, we insist that you complete an induction with a professional trainer before using the gym; if your health changes you should advise us accordingly
- ✓ Wipe down all equipment after use. Both wet and dry wipes are provided in the gym
- ✓ Return equipment to their proper home – free weights and clips especially, which should not be left lying around as a trip hazard and irritating for others looking for kit to use
- ✓ During peak times please be aware of other members wishing to use machines – keep sessions on a machine to max 15-20minutes, and allow others to use in between reps/sets
- ✓ If you are unsure of how to use an item of equipment, please ask a trainer; don't risk injury to yourself or others especially in the free weights areas.
- ✓ Wear appropriate sports clothing when undertaking any physical activity i.e. t-shirt, tracksuit bottoms, shorts, vest, trainers
- ✓ Use a spotter when lifting free weights maximally, near max or attempting a new technique or exercise
- ✓ Report any defects in equipment or other use of the facilities to either the FCS Manager (Dan White) or the Club Managers.
- ✓ Ensure you warm up/cool down appropriately before and after exercise to avoid injury
- ✓ 1<sup>st</sup> Aid: all trainers and tennis coaches are 1<sup>st</sup> Aid trained. A 1<sup>st</sup> Aid Box is available in the FCS and Clubhouse
- ✓ AED (Defibrillator): There is an AED located in the main Club reception next to the office door
- ✓ Fire Exits: make yourself familiar with the gym layout and emergency exits
- ✓ Take your rubbish with you
- ✓ Check the door has closed behind you as you go and the lights and AC/heating are off if you are the last person to leave. You must vacate the premises by 10.30pm as the night alarm is automatically set at this time
- ✓ Eat prior to (but not within 60 minutes of) exercise
- ✓ Keep hydrated before, during and after your workout

### ×DON'Ts

- ✗ Bags and kit should be left in the bag rack in the Clubhouse and not brought into the FCS
- ✗ No food or drink other than water is to be consumed in the FCS
- ✗ We strongly suggest that you do not train alone, particularly in the free weight area. However, if you do decide to train alone then you should always carry a mobile phone with you
- ✗ Please be aware that the gym has internal and external CCTV for the purposes of member safety and crime prevention.
- ✗ Do not drop weights onto the gym floor but lower them in a controlled manner
- ✗ Do not exercise if you feel dizzy or abnormally fatigued
- ✗ Do not hold your breath whilst lifting weights; breathing improperly while lifting can increase blood pressure potentially leading to light headedness, dizziness, nausea, hernia, heart attack or even stroke
- ✗ Only FCS members are permitted into the facility. Please do not bring in other members or friends