

# Centre Etiquette

## **GYM SPECIFIC**

- Please be mindful of other people's space and leave adequate room when walking past machines or spaces in use.
- If the equipment you want to use is occupied, please ask if you can work in (use the equipment when they are taking a break).
- Please try to keep the noise level down and avoid taking phone calls in the Centre.
- Please clean equipment after use.
- Please return all weights to their respective locations after use.
- Please do not drop weights or slam plates on weight machines.
- Please do not bring bags into the Centre, lockers are available for use in our Central Changerooms.
- For the personal safety and privacy of our members, photographs and video recording, are prohibited in the LifeFIT Centre and all changerooms at the RA Centre.

## **ATTIRE SPECIFIC**

- Please wear athletic clothing and clean close-toed athletic shoes. *Open toed shoes, bare and sock feet are not permitted in the Centre.*
- Please remove street shoes before entering the Centre.
- Please do not wear fragrances or colognes.

## **RA ETHICS AT PLAY**

- Respect others, everyone is welcome regardless of their knowledge or fitness level. Our Centre is a judgement free space, remember we all start somewhere.