



## Gym Rules / Terms & Conditions

### Regulations

All Gym members must comply with the following:

### Membership

- Gym Membership is separate and additional to club membership. Only Gym members are permitted to access and use the Gym and its equipment. Under no circumstances can guests or non-gym members be allowed to use the Gym facilities.
  - Gym members must:
    - be over 16 years of age
- Note**  
For 16 & 17 Yr olds, membership is only available to club players.  
16 & 17 Yr olds must be accompanied by an adult gym member when using the Gym.
- have completed an induction before using any equipment
  - take all necessary medical and professional advice to ensure their safety, to verify their fitness and confirm their suitability for use of the Gym prior to membership and throughout the duration of their membership.
- By accessing and using gym equipment, members are deemed to have read and understood these terms and conditions of membership.
  - Members voluntarily assume all risks of injury, damage, or loss which may be sustained as a result of, connected with or in any way associated with the Gym.

### Dress Code

- Athletic attire must be used when exercising. i.e. suitable, comfortable exercise clothing and footwear must be worn. Clothing such as Jeans, boots, footwear with studs or blades, flipflops/sandals or work wear is not permitted. Any member not wearing suitable attire will be asked to leave.

### Building Access

- Members will be issued a personal fob which allows access to the Gym. Members **MUST** use this fob on entry and exit. Fobs may not be passed onto other people. Misuse of your access fob will result in termination (without refund) of your gym membership.
- Replacements fobs will cost €15 – please email [facilities.passagewest.cork@gaa.ie](mailto:facilities.passagewest.cork@gaa.ie)
- Access to and use of the Gym and its equipment is monitored at all times by CCTV equipment.
- Access to the Gym may be revoked for violation of any rule, regulation or by conduct deemed by the club executive to be detrimental to the welfare, good order or character of the club and its members.
- Passage West GAA reserve the right to refuse or revoke access rights.
- Members must adhere to the Gyms Operating hours (6am to 9:45pm). Everyone must have vacated the Gym before 9:45 as the alarm is timed to auto enable.

## Personal Belongings

- Do not leave your own Gym equipment in the club Gym.
- Passage West GAA is not responsible for lost or stolen items.
- In the event of an incident please report it to the club secretary using the following email address: **secretary.passagewest.cork@gaa.ie** .
- Using equipment tagged as temporarily out of order is strictly forbidden.
- Water and soft drinks must be in contained in resealable vessels only.

## Workouts

- Only club sanctioned equipment is to be stored and used in the Gym. Extraneous items will be removed periodically. The club does not accept any responsibility for items disposed during these cleanups.
- Sharing equipment or allowing others to work in between sets is encouraged.
- Equipment should
  - be replaced on their assigned locations as you finish each exercise
  - be wiped down after use.

## Conduct

- Be respectful and courteous to others at all times.
- Smoking, vaping and eating within the Gym is strictly prohibited.
- The Gym is NOT permitted for use whilst under the influence of alcohol, narcotics, tranquilisers, or any other medication or substance which may affect your ability to exercise safely.
- Profanity, harassment, or any form of discrimination will not be tolerated.
- Excessive noise or disruptive behaviour may result in expulsion from the gym.
- Passage GAA Code of conduct extends to the use of the Gym.
- Do not take photographs or videos on the premises or post such items or remarks on social media that may identify others.
- Members are expected to maintain personal hygiene standards.
- Spitting or leaving used tissues on the gym floor is not allowed.

## Health and Safety

- If any member has a concern regarding Health and Safety, they must report the issue to the **secretary.passagewest.cork@gaa.ie**.
- Proper lifting technique must be used at all times.
- Members must not use equipment if they are unsure of its proper operation

## Evacuation

- In the event of a fire alarm do the following:
  - LEAVE the building by the nearest exit
  - DO NOT STOP to collect personal belongings
  - DO NOT RETURN to the building until authorised to do so.

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Passage West Club Chairman