



CORNER GYM (PTY) LIMITED T/A GYM ON THE CORNER

GYM RULES

Please take note of the following Gym rules ("Rules")

In these Rules, "Gym on the Corner", "us", "we" or "our" means **Corner Gym (Pty) Ltd t/a Gym On the Corner**. Words and phrases in these Rules have the same meanings as given in our Membership Terms & Conditions, unless specified otherwise.

- All Gym on the Corner members ("members") and guests (together "you") must comply with these Rules.
- Compliance with these Rules is important both to maintain the standards at our Gym and to enable you to get full enjoyment from your membership.
- Any person who does not comply with these Rules may be denied access to the Gym, or may have their membership suspended or terminated by Gym on the Corner if according to Gym on the Corner, the non-compliance is of a serious nature.
- We reserve the right to make reasonable amendments to these Rules, at any time. If we do this, we will give you reasonable notice by placing the new Rules.

MEMBERSHIP

- Acceptance of your application for membership is at our absolute discretion (although we will exercise our discretion reasonably and in a non-discriminating manner).
- **We may suspend and/or terminate your membership and may refuse you entry into the Gym, or expel you from the Gym if you commit a serious or repeated breach of these Rules, or of the terms and Conditions of your Membership Agreement, or if you engage in any other serious misconduct or in any conduct which in the opinion of our management is detrimental to the welfare, good order or character of Gym on the Corner members.**
- We reserve the right to amend these Rules from time to time and you and your guests should always familiarise yourselves with the Rules currently in force.

ACCESS CARD

- An access card will be issued to you if your application for membership has been accepted and the admin fee has been paid.
- There is a fee (as set out in the Gym price list) for replacement of lost, stolen, or damaged access cards.
- If you've lost your access card, report it as soon as possible. A new one will be issued to you at the current rate. Bring along positive identification when collecting your access card.
- You must have your access card swiped for security reasons and for verification of membership on each visit to the Gym before proceeding into the Gym. If attending the Gym without a valid access card you will be asked for proof of identification. Entry using identification will only be allowed three consecutive times; thereafter a new access card will be issued at the current rate.

- You must not lend your access card to anyone else as membership is personal and not transferrable.
- If you allow your access card to be used by a non-member, you may be expelled from the Gym and your membership may be terminated.
- Your membership may not be traded, or assigned to any other person.
All members (including all junior members) must have their own access card.
- **Access will be denied if membership fees are in arrears.**
If you have deactivated (frozen) your membership you will not be allowed access to the Gym.

GUESTS (ACCOMPANIED BY A MEMBER)

You may bring guests to the Gym upon payment of:

- the guest fee, as set out in the relevant Gym price list current at the time of the guest's visit
OR
- redemption of a 7 day free trial
- You must accompany your guest at all times, and you remain responsible for your guest's conduct whilst they are in the Gym. You may not leave the Gym prior to your guest's departure.
- Certain former members, persons who have applied for memberships but have not been accepted, and certain former members of staff may be ineligible to be a guest of the Gym. If in doubt, you/your guest should check with the Gym's management for advice.
- You must ensure your guests pay the appropriate guest fee or redeem a valid voucher (if applicable) before accompanying you into the Gym.
- You must ensure that your guests comply with all these Rules.

JUNIOR MEMBERS

- Junior members under the age of 14 years must always be accompanied and supervised by the parent(s) legal guardians) when accessing the Gym and at all times while in the Gym.
- Junior members under the age of 13 years may not use any equipment in the Gym.
- **Adult members take preference over junior members at all times with regards to the use of all equipment and facilities.**

JUNIOR MEMBER AGE RESTRICTIONS

- Junior members aged 13 years of age may only use cycles and steppers and must be accompanied and supervised by the parent(s)/legal guardian(s).
- Junior members aged 14 and 15 years may use all cardio-vascular equipment.
- Junior members aged 14 and 15 years may use all circuit and free weights equipment, but only under the supervision of the parent(s)/legal guardian(s) or a recognised Fitness Professional.
- Junior members aged 16 years and older have access to all equipment and facilities within the Gym.
- Junior members under the age of 14 years may not participate in any Group Training classes and may not use the steam room.
- Junior members under the age of 14 are not allowed on the gym floor, except when using permitted equipment, as specified.
- Junior members aged 4 years and older are not permitted to accompany their parent/guardian into the changeroom of the opposite gender.

STEAM ROOM

For health and hygiene reasons you must:

- always shower before entering the sauna/steam room;
- sit on a towel when using the sauna or steam room;
- shave in the wash basins provided;
- do not use oils, creams or cosmetic products in the sauna or steam room;
- You may not use the steam room whilst under the influence of alcohol, anticoagulants, antihistamines, beta-blockers, narcotics, or tranquilisers;
- You should use the steam room (where available) in moderation and under medical advice;
- Pregnant women should avoid using the steam room;
- Junior members under 14 years may not use the steam room;
- Ensure that you remain hydrated at all times when using the steam room.

PERSONAL TRAINING

- For personal training you may only make use of Gym on the Corner Personal Trainers.
- Personal training for payment by another member, who is not one of Gym on the Corner Personal Trainers, is not allowed.
- If we reasonably believe that you are being personally trained by a Personal Trainer who is not a Gym on the Corner Personal Trainer, both you and your Personal Trainer may be expelled or suspended.

BEHAVIOUR & DRESS

- You should conduct yourself in a well-mannered fashion when in or about the Gym, and in a manner that will not disturb or impair the use and enjoyment of the Gym by any other person. In particular, you may not use foul, loud or abusive language nor may you molest, or harass, other members, guests, visitors, or members of staff. You may not bring use, or be under the influence of alcohol, anticoagulants, antihistamines, beta-blockers, narcotics, tranquilisers or illegal drugs, including steroids, in any part of the Gym. You may not bring any intoxicating liquor into the Gym or be drunk in the Gym.
- If you wilfully or negligently cause damage to Gym on the Corner's property, you will have to pay for the damage caused.
- You will be held responsible for damage cause by your junior members and/or your guests.
- Smoking is prohibited in all areas of the Gym.
- Only one individual is permitted in a shower cubicle at any one time (with the exception of a parent or guardian who may take his/her own child aged up to 4 years into a shower cubicle with him/her)
- You must be dressed in suitable and appropriate, lightweight, clean exercise clothing whilst exercising in the Gym. You may not exercise without a shirt/vest. Guidance as to suitable attire may be obtained from Gym Management who may, at their discretion, require you to leave the Gym premises or part of a Gym premises if your attire is not considered suitable.
- Closed training shoes (not "slops") are to be worn at all times while exercising. Suitable non-marking shoes must be worn in studios.
- Complaints should be communicated to Gym management, or in writing.

LOCKERS AND PERSONAL BELONGINGS

- Subject to availability, lockers are provided in the change rooms to store your personal belongings at your own risk while you train.

- You must provide your own padlocks and lock your locker whilst in use, both for security reasons and to show other people that the locker is occupied. Subject to availability, smaller valuables lockers are provided for your wallet, keys, sunglasses, cell phone, etc.
- Gym on the Corner does not undertake that the use of a locker or valuables locker will guarantee that theft of or damage to your property will not occur. You should check that your personal insurance policy covers you for loss of personal effects.
- Gym on the Corner will not be held responsible for any loss or theft of money or loss or damage to personal property of members or their guests.
- Do not leave your belongings unattended in the change rooms or anywhere else in the Gym.
- Lockers may only be used for the purposes of keeping gym kit, toiletries, and the clothing that you were wearing when you came to the gym.
- The keeping of any other items in gym's lockers is prohibited. If Gym on the Corner has reasonable grounds to suspect that a locker is being used in breach of this Rule, we reserve the right to open the locker in question (by force if necessary) and remove any offending items.
- Lockers are available for use only whilst you are on the Gym's premises. Use of a locker whilst not on the Gym's premises is prohibited. If you leave your belongings in a locker overnight, we reserve the right to open the locker (by force if necessary) and remove your belongings.
- Your belongings, so removed, will be available for collection from the reception for a period of fourteen (14) days. If you do not collect your belongings within fourteen (14) days, your belongings may be donated to charity.
- Where applicable and available, locker keys remain the property of the Gym and locker keys must not be taken from the Gym's premises at any time.
- You are asked to report any incident, property lost or injury within the Gym to a staff member.

VEHICLE PARKING

- No unauthorised parking is permitted on Gym premises.
- Where a parking area has been designated for use by members, vehicles must be parked properly in such spaces or they may be clamped and a fee may be charged (where applicable) for removal of the clamp.
- Do not leave valuables visible inside your vehicle. Ensure that your vehicle is locked and that your vehicle keys remain in your possession or stored in a locked valuables locker.
- We will not be responsible for any loss, theft and/or damage to vehicles and/or valuables left in vehicles or any other mode of transport of members or their guests whilst on Gym premises or in any parking area designated for use of members or their guests.

GENERAL

- You are requested to leave the Gym premises punctually at time of closing.
- Opening and closing times for the Gym will be prominently displayed.
- You may not bring pets (other than guide dogs) onto the Gym premises.
- You may not take any photographs or movie shots in the Gym (including the use of a cellphone camera, PDA, or any other electronic device).
- The POPI Act is adhered to in the gym premises at all times.
- You may not consume any food in the Gym that you have brought in from outside the Gym. Any unauthorised selling and/or marketing of any product or service to members is strictly prohibited.
- Firearms or other weapons are not permitted in the Gym.

- We reserve the right to use members' images if taken during photographic shoots of facilities or as standard photography.
- The use of Gym on the Corner logo must be approved by us in writing whether for promotional, marketing or advertising means.
- We reserve the right to show potential members and other individuals the facilities of the Gym.
- If you have an off-peak membership you will only be allowed to train between the hours of 05h00 and 15h30, and you will not be allowed access to the Gym after 15h00.
- Off-peak memberships are applicable on Saturdays and Sundays.

GYM USE

- You are asked to arrive at the Gym five (5) minutes prior to any appointment.
- We reserve the right to refuse to re-book an appointment if you repeatedly cancel (with less than 24 hours notice) or fail to keep an appointment for services and/or exercise programmes.
- You may not enter the Gym whilst under the influence of alcohol, anticoagulants, antihistamines, beta-blockers, narcotics or tranquilisers. If you have high or low blood pressure, heart disease and/or diabetes you should consult your doctor prior to using the Gym facilities.

CIRCUIT, ELECTRONIC AND FREE WEIGHT EQUIPMENT

- Always use the equipment for its intended purpose. If you are unsure, request instruction from our staff.
- Whilst completing a circuit, move with the timer and use the equipment in numerical order.
- Always replace all weights and equipment after use.
- Adhere to the time limits if specified on equipment, it makes it easier for everyone.
- No food, drinks or bags are allowed on the training floor, with the exception of water bottles.
- Use a sweat towel at all times whilst exercising, and remember to wipe equipment immediately after use.

STUDIO CLASSES

- Class timetables and instructors are subject to change from time to time without notice.
- In order to avoid disrupting the class, you are requested to arrive in good time.
- Entrance to classes may be barred to anyone arriving more than five (5) minutes late.
- Where in the opinion of an instructor a class is overcrowded, the instructor may restrict the number of attendees in the class.
- An instructor may, at any time, ask you to leave a class if you are endangering the safety or negatively affecting the enjoyment of others.

SAFETY

- You must use the main entrance to the Gym when entering or leaving the Gym.
- Fire exits, which are clearly marked are there in the interests of safety and you must not interfere with fire doors for any reason.
- You must read the health and safety notices attached to any equipment, or placed in the studios or facility rooms in the Gym, and comply with their recommendations.

- You must inspect equipment before use. Do not use the equipment if it appears damaged and/or inoperable.
- Only get on or off whilst equipment is stationary.
- Keep body and clothing free and clear of any moving parts.
- When using strength equipment be certain that the weight pin is completely inserted. Never pin the weight stack in an elevated position.
- Never use equipment if it is found in an elevated position. Inspect all cables, straps and other connections. Do not use if any component appears to be missing, worn and/or damaged.
- **Do not use dumbbells or any other means, other than those means, specifically provided by the manufacturer, to incrementally increase weight resistance on strength equipment.**
- Ensure that the belt has come to a complete stop before stepping onto a treadmill. Never jump off while the treadmill belt is still moving. Improper use of equipment could cause severe bodily harm to you or others. If unsure, request assistance from a staff member.
- Exercise caution when entering and exiting steam room. It is wet and may be slippery.
- When using staircases, hold the handrails at all times and proceed with caution.
- Don't run in the Gym. Be aware of the different floor surfaces that you move across as you walk through the Gym.
- Due to the nature of the Gym environment, ongoing cleaning and maintenance will be taking place. Related tools and equipment may be hazardous, and some floor surfaces may be wet and therefore slippery. Proceed with caution in these areas. Abide by all safety signage displayed in different areas throughout the Gym. This signage is there for your safety!
- Report all injuries/incidents which may occur while you're in the Gym to a staff member. Minor injuries will be dealt with by one of our qualified first-aiders at the Gym.
- Should an emergency situation arise in the Gym, adhere to the Gym staff's instructions at all times. Your safety, and the safety of others, is our priority. We rely on your co-operation during an emergency situation.

HEALTH

- Check with your medical doctor or relevant health professional before you start a new fitness programme.
- Your doctor or relevant health professional should do a physical exam to see if you have any health risks. He or she can also give you information about how to exercise safely. Before you begin exercising, ensure you have had an assessment and have been shown around the Gym.
- Our sales consultants will ask you to complete a Par Q form regarding your health.
- Wearing the wrong kind of shoes is one of the most common causes of exercise injuries. The shoes you wear when work out should fit well, have good support and padding, and be appropriate for your activity.
- Never wear rubber or plastic suits - they could cause your body to overheat and dehydrate.
- If you are just beginning to get back into the routine of regular exercise, it is important to start slowly to avoid injury.
- Drink water, as staying hydrated keeps your circulatory system pumping so you don't get overheated. If you don't drink enough water, your muscle strength and endurance will suffer.
- Learn the right technique - even the most physically fit need to make sure that they are following the right technique when exercising. Holding the wrong position while working out can lead to serious injuries and compromise your results.
- Fitness staff are available in the Gym to assist and advise you.

- Spend ten minutes warming up your muscles before any type of exercise. If you jump straight in, you risk damaging your muscles or straining your heart- not a good idea.
- Know how to recognise signs that say you have done too much.
- Stop exercising if you experience any of the following:
 - acute or chronic pain
 - dizziness
 - sudden headache
 - swelling of the face, hands or feet
 - chest pain
- You could hurt yourself if you ignore the pain. Ask your health care provider what to do if you have any of these symptoms.
- Here's a quick test to see if you're overdoing it: As a rule of thumb... If you can't talk while exercising then you need to slow down and catch your breath.
- Do not exert yourself for at least 2 hours after eating a big meal (a 5 to 10-minute walk is OK). If you eat small meals, you can exercise more often.
- Begin with 10-15 minutes in the steam room. After a few weeks, you may increase to 20 or even 30 minutes.
- Always rest for 15 minutes after a steam room session.
- In terms of frequency, you should use the sauna or steam room a maximum of once a day

Thank you and enjoy your workout!

TEAM  MANAGEMENT