



University of
Nottingham Sport

Fitness Suite

Etiquette

For your safety and comfort please observe the following when using the Fitness Suite.

Bags and belongings

Always use the lockers provided. Bags left on the gym floor are a trip hazard and are prone to theft.

Dress code

Suitable clothing should be worn at all times. This includes a minimum of shorts/bottoms, a t-shirt/singlet and appropriate footwear. Jeans, ripped clothing and sandals, flip flops, socks, plimsolls or bare feet are not acceptable.

Food and drink

For health and improved performance always bring a non-glass water bottle to your workouts and take regular sips. Food is not allowed in the Fitness Suite.

Keep the gym clean

Always bring a towel. Please wipe down equipment after use to keep the gym clean and hygienic.

Free weights: 1

Weight plates, bars, dumbbells and clips should **always be put away** after use. Items left loaded on bars, racks or floors are a hazard to other users.

Free weights: 2

Handle weights with care and consideration. Dropping weights intimidates others and is dangerous. Care should always be taken when setting up, using and putting away weights. If you can pick it up you can place it down.

Use of chalk

Members may bring their own chalk which should be applied sparingly to hands and not directly onto the bars. Any chalk left on the floor or equipment must be cleaned up. Liquid chalk is prohibited.

Shouting/grunting

Loud noises are unnecessary, distracting and off-putting to others.

Using and sharing equipment

Be considerate to others; offer and ask to share equipment where possible. This will help everyone reduce waiting times and enjoy more productive sessions. For example, if you are using a machine, let others work between your sets.

Advising others/instruction

Instruction is provided by qualified staff employed by University of Nottingham (UoN) Sport only and is free to all UoN sport and fitness members.

Thank you