



**University of
Nottingham Sport**

The Fitness Suite **Gym etiquette**

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

Free weights i

Weight plates, bars, dumbbells, clips etc. should ALWAYS BE PUT AWAY after use. Items left loaded on bars, racks or floors are a hazard to other users.

Free weights ii

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.

Bags and belongings

Always use the lockers provided. Bags left on the gym floor are a trip risk and are more 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, plimsolls, bare feet etc. 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.

Shouting/grunting

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

Use of equipment

If you are waiting to use a machine ask if you can work between their sets. If you're using the machine, let people work between your sets.

Advising others/instruction

Instruction is provided by qualified staff employed by UoN Sport only and is free to all Sport and Fitness Members.

Thank you