



USE OF GYM RULES

- * **MEMBERS ONLY** – all members must complete a fitness induction before using the Gym. A record of this induction must be signed by the member and the instructor.
- * **USE THE EQUIPMENT PROPERLY** - Misusing equipment will lead to injury / damage the equipment; follow directions / instructions of use.
- * **AGE RESTRICTION** - Only persons 16 and over are permitted to use the Gym Facility. Persons aged over 16 & under U18 can only use the gym as part of an official supervised training session.
- * **CLEAN THE MACHINE YOU USE** – Please respect other users. Carry a towel and clean down equipment after use
- * **PICK UP AFTER YOURSELF** - If you move equipment put it back where it belongs. Place rubbish in the bins provided and remove personal items from the facility
- * **PERSONAL BELONGINGS** – Members are responsible for their own belongings and valuables should not be left in the Gym or changing facilities
- * **PROPER HYGIENE REQUIRED** – wear clean clothes while working out.
- * **FOOTWEAR** - Closed Top athletic shoes required. NO dress shoes, boots or sandals permitted
- * **NO GLASS CONTAINERS** - Only Plastic Drinks Containers
- * **NO SMOKING / CHEWING GUM OR FOOD PERMITTED**
- * **Priority** of use of the GYM will always be given to club activities

Anyone caught allowing non-members or underage individuals into the Gym will have their Access revoked. This is being closely monitored by the Club Committee. This is due to Insurance reasons.

Clonakenny GAA Club take no responsibility for any injury sustained or property lost whilst using this facility