

Code of Conduct
(Members, Gym users and Community)

To ensure a positive, safe and inclusive environment for everyone, all members and guests of Fit For Life Youth Gym are expected to follow the Code of Conduct below:

1. Be Respectful - Always

- Treat all staff, members and fellow gym users with courtesy and respect.
- Any form of disrespect, including rude behaviour, harassment, discrimination, or intimidation, will not be tolerated.
- Offensive language, gestures, or actions will not be tolerated.

2. Clean Up After Yourself

- Wipe down all equipment after use with provided cleaning supplies.
- Dispose of rubbish properly and leave shared spaces clean and tidy.

3. Return Equipment

- All weights, mats, and other gym equipment must be returned to their designated locations after use.
- Do not leave any equipment lying around, as it can pose a safety hazard to others

4. Use Equipment Safely

- Use equipment properly and responsibly.
- If unsure how to use something, ask a staff member for guidance.
- Report any broken or faulty equipment to staff immediately.

5. Dress Appropriate for the Gym Environment

- Shirts must be worn at all times, going shirtless is not permitted for hygiene and comfort reasons.

6. Payment for Refreshments

- Items must not be taken from the fridge without a staff member present.
- "Pay later" arrangements are not permitted under any circumstance.

7. Respecting Designated Areas

- Participants must remain within the space assigned to their class (e.g., studio or gym).
- Entering areas without permission is strictly prohibited.
- This is to ensure everyone's safety and prevent disruption to other sessions.

Failure to follow the Code of Conduct may result in a warning, temporary suspension, or permanent ban from the facility.