



## Gym Etiquette & Code of Conduct

There are important guidelines to follow for sharing a workout space with others at the Tin Shed due to the potential risks associated with using this equipment.

- Be mindful of other athletes and coaches when using the equipment
- You MUST be a financial member
- You use the Tin Shed at your own risk
- If you don't have a programmed routine, a warmup of 10 minutes is recommended

**Safety:** Always undertake gym activities in a safe manner.

**Equipment:** Take care of the equipment. Clean up after yourself. Always bring a towel to clean equipment. Please put all equipment away after use.

**Sharing Equipment:** Share the equipment and don't rush others. If you're in the middle of a circuit but taking a break, let others slip in between sets to save time. Additionally, let others know if you're doing sets where you need to use equipment at specific time interval.

**You are there to train.** Once you have completed your session please socialise outside of the building.

**Damage or injury.** Inform Athletics Tasmania immediately regarding damage to equipment, injury or near miss. An incident report must be filled out as soon as possible and no later than a 24 hours after the incident.

I ..... agree to adhere to the code of conduct and acknowledge that if I break this code of conduct my membership may be suspended or terminated at the discretion of Athletics Tasmania.

Signed on behalf of Athletics Tasmania

Member or Parent/Guardian if under 18

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Date

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Date