

BE OFFICES RULES AND USAGE OF THE GYM

We at BE Offices want to ensure all our staff and clients have the best gym experience possible so if you're coming down to one of our gyms today, make sure you check out our gym rules that we expect all our clients and staff to abide by.

- ↪ Please wear appropriate gym attire at all times i.e. no bare chests, no denim, no replica kits or office clothing are permitted.
- ↪ Appropriate gym footwear must be worn at all times in the gym. It is not permitted to train bare foot for health and safety purposes and you will be asked to leave until the correct footwear is being worn.
- ↪ Keep your valuables with you at all times. This includes mobile phones, headphones, wallets and jewellery etc. Any items lost or stolen is not the responsibility of BE Offices. If you find any items that do not belong to you please take them to the Building Management Team where the item will be held until the owner collects.
- ↪ Lockers are provided for clients to store any clothing or large bags, please note that these will be stored at your own risk.
- ↪ Do not leave items overnight in lockers as they will be removed. If we have to remove items we will store your items for 4 weeks after which time they will be disposed of.
- ↪ Deposit any rubbish left in the gym and lockers or cups used whilst working out in the bins provided.
- ↪ This is an unsupervised gym so make sure you replace any weights you use. Also don't drop weights as it:
 - i) is a safety hazard
 - ii) damages the kit
 - iii) disturbs other gym users
- ↪ Please ensure the safety of yourself and others in the gym at all times whilst using any equipment, if you would like to find out more about gym safety or using certain apparatus please speak with Hugh.
- ↪ In the interest of everyone's cleanliness and hygiene, wipe down equipment after use with the wipes provided in the gym.
- ↪ Please consider others when using your mobile phone, keep calls to a minimum and use earphones when listening to personal music.
- ↪ You must get prior permission from all the people who will appear in any photograph you take or video footage you make whilst in the gym. If you intend to use an image then you must explain what it will be used for and who might see it and get the persons consent to do so.

If you require any explanation of the rules above please speak to, call, email or WhatsApp Hugh.

Hugh Brown, Personal Trainer
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