

## DUT Student Gym Rules

- All members are required to have a **Sweat Towel** and takkies/sneakers when training. All members are to wear clean and fresh gym clothing for each session. No jeans, denim or any other clothes that may damage the equipment shall be used for training purposes. Members may not train in clothes that are not deemed appropriate training attire.
- All **WEIGHTS** and equipment are to be **PACKED AWAY** when you are done with them and replaced where you found them.
- No bars, weights or any other equipment is to be left on the benches or any leather upholstery at ANY time.
- Members must put their sweat towels on equipment before using it. Equipment must also be wiped down after use.
- Please place your bags in the designated area.
- The gym will not be held liable for any damaged or missing belongings.
- Do not leave your water bottles or towels lying around the gym as they will be thrown away at the end of each day.
- You may not eat in the gym.
- Only registered members are permitted in the gym. Only members that are TRAINING in the gym, are permitted to be in the gym.
- Please ensure that your gym membership is current. Random checks to confirm membership are done on a regular basis.
- There is a limited amount of equipment in the gym so members will not be allowed to book/use multiple pieces of equipment at the same time. Members should be courteous and share equipment when necessary.
- Members should start preparing for closure of the gym from 19:30 every evening as the gym is closed at 8pm and the alarm set.

The gym rules are in place to ensure the smooth running of the gym as well as for safety and hygiene reasons. Any transgression of the rules will result in the termination of your membership and transgressions of these rules may lead to disciplinary action by DUT.

Name \_\_\_\_\_

Student No \_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_