

Club Conditions of Entry, Access and Member Conduct Policy

At Plus Fitness Blaxland, our priority is to provide a clean, safe, welcoming and respectful environment where every member can train comfortably.

Membership and continued access to the club is subject to compliance with the following Conditions of Entry and Member Conduct Policy. These conditions form part of your membership agreement and apply to all members, guests and visitors.

1. Our Commitment

Plus Fitness Blaxland is committed to providing:

- A clean and hygienic training environment.
- Safe equipment and facilities.
- Equal respect for all members.
- A welcoming community free from intimidation or harassment.
- A professional training environment suitable for members of all ages.

Every member contributes to maintaining these standards.

2. Respect for Staff & Members

Members must:

- Treat all staff respectfully.
- Treat other members courteously.
- Follow all reasonable directions from staff.
- Respect personal space while others are training.
- Avoid behaviour that may intimidate, harass or make others uncomfortable.

Aggressive, abusive, threatening or discriminatory behaviour will not be tolerated.

3. Appropriate Training Attire

Members must wear clothing that is designed specifically for exercise.

Appropriate attire includes:

- T-shirts
- Singlets
- Training shorts
- Activewear tights
- Track pants
- Exercise-specific clothing

Training footwear must be enclosed athletic shoes suitable for gym use.

The following are NOT permitted:

- School uniforms (School shirts, dresses or skirts, shoes)
- Trades Work uniforms/ High visibility (Hi-Vis) work clothing
- Corporate uniforms (suits etc.)
- Boots or steel cap boots
- Thongs
- Slides
- Crocs
- UGG boots
- Bare feet
- Socks without shoes (unless specifically approved for lifting exercises by staff)

Why school and work uniforms are prohibited

School and workplace uniforms identify where a person attends school or works. For the privacy, safety and wellbeing of our members—particularly younger members—we do not permit training in identifiable school or workplace uniforms.

These garments are also generally unsuitable for exercise due to hygiene, durability and safety considerations.

Members arriving in school or work uniforms may be asked to change before entering the gym.

4. Towels Are Mandatory

Every member must bring a towel large enough to create a barrier between themselves and equipment.

Members must:

- Place their towel on benches and seats before use.
- Use the towel throughout their workout.
- Keep it with them at all times.

Jumpers, hoodies or clothing items are **not** considered towels.

If a member does not have a towel, one may be purchased from reception (during staffed hours) before training.

Failure to use a towel may result in warnings, temporary suspension or cancellation of membership.

5. Cleaning Equipment

Members are expected to help maintain a hygienic club.

After every exercise:

- Wipe down equipment using the disinfectant wipes or spray provided.
- Return cleaning products to their stations.

- Dispose of used wipes appropriately.

6. Returning Equipment

After use, members must return:

- Dumbbells
- Barbells
- Plates
- Kettlebells
- Cable attachments
- Mats
- Resistance bands
- Any other functional or cardio equipment

Equipment should always be returned to its designated storage location. Leaving equipment on the floor creates unnecessary hazards for other members.

7. Weight Dropping

Members must control weights at all times.

The following are prohibited:

- Intentionally dropping dumbbells.
- Dropping barbells unnecessarily.
- Throwing equipment.
- Excessive slamming of machines.

Olympic lifting may only be performed in designated areas where appropriate and under safe conditions.

Members remain responsible for any damage caused through misuse.

8. Mobile Phone Use

Members are welcome to use phones for:

- Training programs
- Music
- Workout tracking

However:

- Do not occupy equipment while scrolling or texting.
- Keep rest periods reasonable during busy times.
- Respect other members waiting for equipment.

Photography or filming that captures other members without their consent is prohibited.

9. Appropriate Behaviour

Members must not:

- Harass other members.
- Use offensive language.
- Damage equipment.
- Misuse emergency exits.
- Enter staff-only areas.
- Bring alcohol or illegal substances into the club.
- Smoke or vape inside the premises.
- Sleep or loiter inside the gym.
- Access bathrooms in a group of more than 1 person.

10. Training with Others

Members are encouraged to train together respectfully.

Please:

- Share equipment during busy periods.
- Avoid monopolising multiple machines.
- Keep group sizes reasonable (2-3 people).
- Allow others to work in where practical.

Large social gatherings inside the gym are discouraged.

11. Food & Drinks

Permitted:

- Water
- Sports drinks
- Protein shakes
- Coffee in secure containers

Not permitted:

- Alcohol
- Glass bottles
- Large takeaway meals
- Biscuits, cake, cookies
- Food that may create excessive mess or odour.

12. Youth Members (Under 18's)

Youth memberships are subject to additional conditions.
Youth members must comply with all requirements relating to:

- Staff directions
- Behaviour (training appropriately within gym)
- Supervision (staffed hours only for 14-15yr olds)
- Club etiquette
- Respect for other members (and sharing equipment in peak times)

Parents or guardians may be contacted regarding behavioural concerns.
Repeated breaches may result in financial penalties, suspension or cancellation.

13. Visitors & Tailgating

For security reasons:

- Every person entering the club must scan their own access tag or app.
- Members must never allow another person to enter using their access.
- Sharing access credentials is prohibited.

Unauthorised entry may result in financial penalties, suspension or termination of membership.

14. Damage to Equipment and Property

Members are responsible for:

- Using equipment correctly.
- Reporting faults immediately.
- Avoiding misuse of equipment or facilities that may cause damage.

Deliberate or negligent damage may incur repair or replacement costs.

15. Health & Safety

Members should:

- Train within their capabilities.
- Seek staff assistance if unsure how to use equipment.
- Report hazards immediately.
- Report injuries sustained within the club.

For everyone's safety, members who appear to be under the influence of alcohol or drugs may be refused entry.

16. Hygiene Standards

Members are expected to:

- Maintain appropriate personal hygiene.
- Wear clean training clothing.
- Wear enclosed footwear at all times.
- Dispose of rubbish appropriately.
- Avoid excessive use of chalk or products that create unnecessary mess.

17. Staff Directions

Our staff are responsible for maintaining a safe and enjoyable club environment.

Members are expected to comply with reasonable staff directions relating to:

- Safety
- Hygiene
- Equipment use
- Behaviour
- Attire
- Access
- Club operations

Failure to comply may result in immediate removal from the premises.

18. Breaches of Club Policy

Depending on the seriousness or frequency of the breach, Plus Fitness Blaxland may apply one or more of the following:

- Verbal reminder
- Written warning
- Financial penalty
- Temporary suspension of access
- Recovery of costs for damage where applicable
- Immediate removal from the premises
- Permanent cancellation of membership where behaviour is serious or repeated

Serious misconduct may result in immediate termination without prior warning.

19. Policy Updates

These Conditions of Entry may be updated periodically to reflect operational, safety or legal requirements.

Members will be notified of significant changes where appropriate.

Continued use of the club constitutes acceptance of the current Conditions of Entry.

Thank You

Our members are what make Plus Fitness Blaxland a great place to train.

By following these standards, you help create a gym that is safe, welcoming, hygienic and enjoyable for everyone.

We appreciate your cooperation and look forward to continuing to support your health and fitness journey.

Plus Fitness Blaxland Management