***Wolverhampton Lawn Tennis & Squash***

***Club Ltd***

**Neville Lodge, 53 Newbridge Crescent, Tettenhall, Wolverhampton, WV6 0LH**

**Affiliated to the Lawn Tennis Association and England Squash**

Keep Healthy, Play Sport, Make Friends

**GYM & FITNESS BYE-LAWS – Jan 2022**

1. Gym and fitness classes are a vibrant and inclusive area of the club overseen by our Head of Fitness, Personal Trainers and Gym & Fitness Committee. All levels of ability are encouraged to use these facilities and to train safely and be respectful to all members.
2. Personal Trainer Induction.
   1. Personal Trainers supervise the safe use of the gym and a gym induction **must** be completed prior to any unsupervised use of the gym areas.

1. Dress and Equipment.
2. Appropriate gym-wear is to be worn whist using the gym (tracksuit, shorts, T-shirt, etc.)
3. Appropriate footwear is to be worn whilst using the gym and ensure that your footwear is clean.
4. All equipment must be cleaned and returned to its storage area and the floor kept free from trip hazards.
5. Any faulty or dangerous equipment must be reported to a member of staff as soon as possible as must any incidents or accidents.
6. If unsure on how to use any piece of equipment, guidance should be sought from a member of staff.
7. Members should take care of all gym equipment and return weights to the rack after use. Members should always wipe down machines after use with a towel or paper towels provided.
8. Use of the Gym Facilities
   1. Visitors and Social members are not permitted to use the gym unless having a Personal Training Session with our Fitness Staff.
9. Juniors
   1. Only members over 16 years of age are able to use the Gym whilst unsupervised.
   2. Junior members who are over 12 may use the gym if supervised by an adult or authorised by a member of staff and if prior written permission has been obtained from the Head of Fitness.
      1. If the member of staff considers that the Junior member is at risk to themselves or others, they will be asked to leave the gym immediately.
   3. Junior members under 16 may use the gym if they are having a “one to one” session with a member of the Fitness team or another qualified trainer who has prior permission from the Head of Fitness to use the Gym.
   4. Junior members under 16 can also use the gym if accompanied by a parent who must be a full playing member.
10. Guests and Non-Members Participation
    1. Any member may introduce guests to the Club subject to the following:
       1. The same person may not be introduced by the same or any other member more than twice in any calendar month and no more than eight occasions in any year.
       2. No member (with the exception of the Club Personal Trainers for Personal Training) may introduce more than two guests in any calendar month.

* 1. The member is responsible for hosting the guest and ensuring that the visitor is booked in at reception and appropriate fee paid prior to using the Clubs facilities.
  2. The member is also responsible for ensuring that their guest adheres to the Rules and Regulations of the Club and all bye laws.
  3. Guest fees will be determined at the discretion of the Board annually with any fee change being communicated to all members.
  4. Visitors cannot use the Gym unless they have had a gym induction.
  5. Pay and Participate visitors, on payment of an appropriate fee to the Personal Trainer, may attend organised Club fitness activities that are open to non-members. Such activities are at the discretion of the Sports Manager and will be to the benefit of the Club in terms of potential membership, financial revenue or marketing, but not to the detriment of members use of the Clubs facilities.

1. Fitness Classes
   1. Fitness classes must be booked using MyCourts and are available 7 days in advance.
   2. Cancellations are permissible prior to commencement of the class to enable those on the waiting list to be notified of a space.
   3. Members regularly cancelling at short notice or regularly not attending a class previously booked will be notified to the Gym and Fitness Committee.
2. Other :
   1. Non safety glass containers must not be used in the Gym or Fitness Studio.
   2. Any bags, valuables, rackets etc brought into the gym should be stored appropriately, lockers are available in the changing rooms.
   3. Members should never use the equipment in any manner that is likely to cause injury to themselves and / or to others.