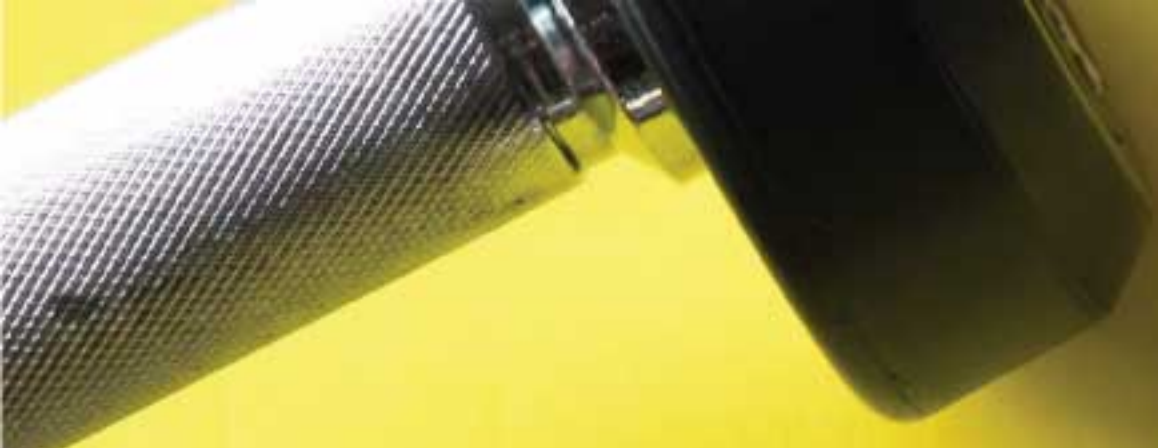




**CODE OF
CONDUCT**



GYM





MySpace Gym Code of Conduct for ALL USERS

The goal at MySpace is to provide facilities which users will find to be safe, welcoming and in general motivate you to become the best version of yourself. This can only be done in a structured environment. Although the facilities are used at your own risk MySpace wants to do what it can to ensure the well-being of all users and therefore wish to bring the following under your attention:

1. Physical Activity Readiness Questionnaire (PARQ)

All members must complete a PARQ before their first visit. This will be evaluated and any individuals indicating moderate or high-risk will require need medical clearance prior to utilising the facilities.

2. Health Check

Consider consulting your healthcare provider before starting a new exercise program.

3. Warm-up and Cool Down

Always warm up before exercising and cool down afterward to prevent injury.

4. Safety First

If you any time experience acute pain, dizziness, sudden headache, or chest pain, stop exercising immediately and notify staff.

5. Medical Updates

Please inform us of any changes in your medical condition.

In addition to the aforementioned and for the orderly management of the Gym we confirm as follows:

1. Operating Hours

Although there are no formal operating hours the users are reminded of the fact that gym is situated building housing permanent residents and as such it is expected that:

- there should be no excessive noise during the period from 10pm – 6am from Sunday - Thursdays and during the period from 11pm – 6am on Fridays and Saturdays.
- at any time of the day, any of the Residents has the right to respectfully and politely ask someone making excessive noise to cease and it is expected that reasonable requests such as this will be accommodated immediately.





2. Gym Policies

For both the convenience and to safeguard all users of the facilities the following practices will not be tolerated. For these purposes CCTV has been installed to, should

the need arise, ensure due enforcement of the following:

- a. No pets (except guide/service dogs).
- b. No firearms/weapons.
- c. No smoking on the gym premises.
- d. No unauthorized photography.
- e. No alcohol or drugs on the gym premises.
- f. No selling or marketing to other members.
- g. Image consent needed for official photo shoots.
- h. No use of our logo for promotional purposes.

3. MySpace Fitness Management

All users are obliged to follow any staff instructions and requests promptly. Management reserves the right to exclusively manage playlists and display appropriate TV channels in the gym. Residents must use headphones/earphones for their music.

4. Gym Etiquette guidelines

- Wipe Down Equipment: After using any equipment, whether it's weights or cardio machines, always wipe it down with provided disinfectant wipes or sprays. This helps maintain cleanliness for the next person.
- Respect Personal Space: Give others enough space to work out comfortably. Avoid exercising too close to someone else, especially if the gym isn't crowded.
- Share Equipment: Be mindful of others waiting to use the same equipment. Share or take turns during busy hours and avoid monopolizing machines for extended periods.
- Limit Phone Use: Keep phone usage to a minimum. If you need to take a call or use your phone, step away from the equipment to avoid blocking others.
- Noise Control: Use headphones when listening to music or watching videos.
- Rerack Weights: After using free weights or barbells, return them to their designated racks or shelves. Don't leave weights scattered around the gym.
- Be Mindful of Mirrors: Gym mirrors are for form-checking during exercises. Avoid standing in front of them for extended periods if others need to use them.
- Stay Hydrated: Bring a water bottle to stay hydrated but be mindful not to spill water on equipment or the floor.
- Wait Your Turn: If someone is using a piece of equipment you need, politely ask if you can work in between their sets, or wait your turn.
- Be Courteous in Classes: In group fitness classes, arrive on time, and don't leave early unless necessary. If you need to leave, do so discreetly to avoid disrupting the class.
- Proper Attire: Wear appropriate workout attire and clean gym shoes. Avoid overly revealing clothing or clothing with offensive images or language.
- Re-rack Dumbbells: After using dumbbells, return them to the proper racks and in the correct order. This helps others easily find the weights they need.



- **Proper Attire:** Wear appropriate workout attire and clean gym shoes. Avoid overly revealing clothing or clothing with offensive images or language.
- **Re-rack Dumbbells:** After using dumbbells, return them to the proper racks and in the correct order. This helps others easily find the weights they need.
- **Avoid Grunting and Loud Noises:** While it's natural to make some noise during intense workouts, avoid excessive grunting or loud shouting, as it can be distracting.
- **Spotting:** If someone asks for a spot, provide assistance safely and as requested. Always ask before offering a spot to avoid misunderstanding.
- **Respect Others' Focus:** Many people come to the gym to concentrate on their workouts. Avoid unnecessary distractions or conversations that may disrupt their concentration.
- **Re-rack Resistance Bands and Accessories:** After using resistance bands, yoga mats, or other gym accessories, return them to their designated storage areas.
- **Follow Gym Rules:** Familiarise yourself with and adhere to the gym's specific rules and policies, including hours of operation and user guidelines.
- **Clean Up After Yourself:** Dispose of used tissues, water bottles, and other trash in designated bins. Leave the gym area as clean as you found it.
- Refrain from dropping gym weights to prevent excessive noise and vibration.

5. Mandatory Guest Policy

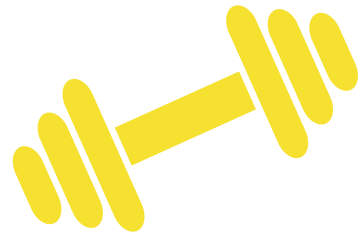
- All guests must be accompanied by either their trainer (Elite gym) or a resident.
- Guests are required to utilize a QR code for gym registration and complete the obligatory PARQ (Physical Activity Readiness Questionnaire) prior to commencement with exercise.
- Guests must be over 18 unless permission is obtained from MySpace Management prior to training.
- Max 1 guest per resident.

6. Behaviour

- No discrimination based on race, gender, etc.
- Members are liable for damages caused by either themselves or their guests.
- Shower cubicles for one person.

7. Equipment Use

- Use equipment as intended and report damage.
- Follow weight equipment guidelines.
- Ensure treadmill belts have stopped before stepping on/off.
- Handle weights and equipment with care.
- Respect time limits on equipment.
- No food, drinks, bags, or jackets in the gym.
- Use a sweat towel and wipe equipment.
- Report any damaged or malfunctioning equipment to staff.



8. Studio Use

- Elite gym classes will require pre-booking.
- Timetables and instructors may change.
- Arrive 5 minutes before class.
- No entry after a class starts.
- Inform instructors of injuries or conditions and refrain from use if you are experiencing any symptoms of any illness.

9. Personal Training

- Details of Elite Trainers are displayed in the gym via QR codes.
- Only authorised trainers allowed.
- Unauthorised personal training is prohibited.

10. Safety

- Do not tamper with safety devices.
- Follow health and safety notices.
- Follow emergency procedures.
- Be cautious of different floor surfaces.
- Report injuries, incidents, or hazards.

10. Code Changes

We reserve the right to update or amend this Code of Conduct and will distribute such amendments to residents after publication.

In conclusion, kindly note that any violation of this Code of Conduct may, at the discretion of MySpace, result in either the suspension or termination of your rights to utilise the facilities.



(Physical Activity Readiness Questionnaire) form for the MySpace gym:

- MySpace Gym - Physical Activity Readiness Questionnaire (PAR-Q)

Personal Information:

- Name: _____
- Date of Birth: _____
- Address: _____
- Phone Number: _____
- Emergency Contact: _____
- Emergency Contact Phone: _____

Medical History:

Have you ever been diagnosed with or currently have any of the following medical conditions? (Please check all that apply):

- Heart Disease
- High Blood Pressure
- Diabetes
- Respiratory Conditions
- Arthritis
- Bone or Joint Problems
- Recent Surgery
- Other (please specify):

• Are you currently taking any prescription medications? (If yes, please list):

- Medication 1: _____
- Medication 2: _____
- Medication 3: _____

Physical Activity and Lifestyle:

- How would you describe your current level of physical activity?
- Sedentary (little to no physical activity)
- Light (occasional walking, light exercise)
- Moderate (regular exercise, 3-4 times a week)
- Active (intense exercise, 5 or more times a week)

Do you smoke?

- Yes No

Do you consume alcohol?

- Yes (If yes, please specify frequency and quantity per week):
- No





Fitness Goals:

- What are your fitness goals at MySpace Gym? (e.g., weight loss, muscle gain, improved cardio):

Additional Comments:

Is there anything else you would like us to know about your health, fitness history, or goals?

Declaration:

I, _____[Your Name],
declare that the information provided in this PAR-Q form is accurate to the best of my knowledge. I understand that participation in physical activities at MySpace Gym carries inherent risks, and I am responsible for my own health and safety during these activities.

Signature: _____ Date: _____

Please ensure you fill out this form accurately, and if you have any medical concerns, it's advisable to consult with a healthcare professional before starting any new exercise program.