# **The Atrium Reading Health Club Ltd – Club Rules**

**Effective Date: 1st Feb 2025**

These rules apply to all members and guests. Failure to follow them may result in warnings, suspension, or termination of membership.

## **1. General Rules**

1. Members must behave in a respectful and courteous manner towards fellow members and staff at all times.
2. Memberships are non-transferable. Members must check in using their membership card, token, or the FitSense app.
3. The use of alcohol, illegal substances, or smoking (including vapes/e-cigarettes) is strictly prohibited on the premises.
4. The club is not responsible for lost, stolen, or damaged personal items. Lockers are available (see Locker Policy).
5. Photography and videography are limited to personal use only. Members must not take photos or videos of other members without their consent.
6. Food consumption is not permitted in the gym or spa areas. Only water or non-spill sports drinks are allowed in non-glass bottles.

## **2. Gym Rules**

1. Gym induction is not required for new members but is available upon request. Junior members must complete an induction before using the gym.
2. Members must return weights and equipment after use, refrain from dropping or slamming weights, and wipe down equipment after use with the provided sanitising spray.
3. Suitable gym clothing and closed-toe sports shoes must be worn at all times. No jeans or flip-flops.
4. During peak times, cardio machine use is limited to 20 minutes. Members should allow others to "work in" between sets when using strength machines.
5. Bags are not permitted on the gym floor and must be stored in lockers.
6. Only club-approved personal trainers are allowed to provide coaching.
7. No phone calls are to be taken on the gym floor. Phones must be kept on silent. Photography and videography are limited to personal use. Members must not take photos or videos of other members without their consent.

## **3. Spa & Wellness Area Rules (18+ Only)**

These rules apply to all spa facilities, including the sauna, steam room, infrared sauna, plunge pool, and hot beds.

### **Health & Hygiene**

1. Members must shower before using the spa facilities.
2. Members must not use the spa if they are feeling unwell, have open wounds, or have a contagious condition.
3. Appropriate swimwear must be worn at all times in the spa facilities.
4. Outside shoes are not permitted in the spa area.

### **Safe & Respectful Environment**

1. Members must keep noise to a minimum in relaxation areas.
2. Phone calls must not be taken in the spa area. Mobile phones must be kept on silent.
3. Photography and videography are limited to personal use only. Members must not take photos or videos of other members without their consent.

### **Facility Use**

1. Members must share communal spaces respectfully.
2. Shower gels, oils, and lotions must not be taken into the spa area, as they can damage equipment and create slip hazards.
3. Members must take extra care in wet areas, as flooring may be slippery.

### **Personal Belongings & Lockers**

1. Lockers are available in the changing rooms. Members must refer to the general locker policy for full details.

### **Age & Accessibility**

1. The spa is for members aged 18 and over. Junior members are not permitted.
2. The club is committed to accessibility. Members should speak to staff if assistance is required.

### **Recommended Maximum Usage Times**

For safety and comfort, the following time limits are recommended:

* Sauna & Steam Room: Maximum 15 minutes per session.
* Plunge Pool: Maximum 5 minutes per session.

## **4. Classes & Studio Rules**

1. Members must book classes via the FitSense app or at reception.
2. Cancellations must be made at least 24 hours in advance to avoid a £5 late cancellation/no-show fee.
3. Members arriving more than 5 minutes late may be refused entry.
4. Members must follow instructor guidance, clean equipment after use, and return mats and weights to their designated areas.

## **5. Junior Membership Rules (Ages 11-17)**

These rules apply to junior gym members only. Junior members are not permitted to use the spa facilities.

1. All junior members must have a signed parental consent form before joining.
2. Junior members must complete an induction before using any gym equipment.
3. Junior members may use the gym unsupervised until 6 PM. After 6 PM, they must train with an adult member aged 18 or over.
4. Junior members are not permitted to enter the spa, sauna, steam room, plunge pool, or hot beds.
5. Junior members may attend youth-designated classes. Other classes require prior approval from the club.

## **6. Locker Policy & Personal Belongings**

1. Lockers are for day use only. The club is not responsible for any lost, stolen, or damaged items.
2. Members must provide their own padlock or purchase one from reception.
3. Lockers must be emptied after each visit. Any items left overnight will be removed.

## **7. Membership & Guest Rules**

1. Members must check in using a membership card, token, or the FitSense app.
2. Membership cards and wristbands must not be shared. Misuse may result in membership cancellation.
3. Guests must purchase a valid day pass for gym/spa access and sign a liability waiver before using the facilities.

## **8. Conduct & Behaviour**

1. Abusive, aggressive, or discriminatory behaviour towards staff or members will result in immediate suspension.
2. Members must use respectful language and behaviour. Excessive swearing or offensive language is not permitted.
3. Personal music must be played through headphones only.

## **9. Health & Safety**

1. Members must inform the club of any medical conditions that could affect their ability to exercise safely.
2. In case of injury, members must inform a staff member immediately.
3. Fire alarms and emergency exits must be followed in case of an emergency.

## **10. Acknowledgement & Agreement**

1. All members must adhere to these club rules.
2. The club reserves the right to update these rules at any time.
3. Failure to follow these rules may result in warnings, suspension, or termination of membership.