

Trevear Farm Gym



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Introduction:

This document sets out the safety information and rules for users of the Gym. This is intended as a brief but necessary explanation so that you know what is expected of you either as a Responsible Adult for your family/group or as a Gym user. Our aim is that everyone can enjoy the Gym safely.

Gym General Facts:

- The Gym is **unsupervised**, and therefore, all Gym Users, use the Gym and Gym Equipment at their own risk and understand that Trevear Farm cannot be held responsible for any accidents or injuries incurred.
- Age restrictions are in place, please see the details below.
- The Gym is designed for a maximum of 7 users, please do not exceed this number.
- There are 2 x Treadmills, 2 x Rowing Machines, 1 x Peloton, 1 x Smith Machine and Free Weights.
- User Guides for each piece of equipment have been provided, but please do not use equipment you are unfamiliar with.
- Suitable Clothing and clean Footwear must be worn at all times

Other General Information:

- A First Aid Box is provided in the lobby area
- A Defibrillator is located in the lobby area

Access to the Gym area:

- The Gym is for the use of Guests staying in the properties at Trevear Farm.
- The Gym opening times are displayed and must be adhered to.
- The Gym lobby area can be accessed via the external door, which has a key box, the Gym is then accessed via another door with a key box. These codes are provided in your welcome/information packs in your property.
- When you have finished, if you are the last person in the area, please lock the doors and return the keys to the key boxes, so that other users can get in, but unauthorised access and security for this area can be controlled.

Eligibility to use the Gym

Please ensure that anyone using the Gym complies with the following:

- Physically fit enough to use the Gym (please see the additional medical notes below).
- Know how to use the Gym Equipment safely and within your physical abilities.
- Do not use the Gym if you have a medical condition which prohibits your use of a Gym or Gym equipment.
- Do not use the Gym after consuming a heavy meal, alcohol, recreational drugs, or strong medication/prescribed drugs (unless approved by their doctor).
- Do not use if they have a contagious disease (including diarrhoea, cold with runny nose, vomiting, or an open wound, etc.).
- Young people under the age of 16 are NOT permitted to use the Gym.
- Young people between the ages of 16 and 18 MUST be supervised by an adult at all times.

Use of the Gym

- Lone users are discouraged, and all gym users are asked to make sure another member of their group knows they are using the Gym and for how long.
- Users are requested to bring a mobile phone with them to summon help if needed in an Emergency.
- Whilst User Guides have been provided, please do not use equipment you are unfamiliar with.
- Suitable clothing and footwear must be worn at all times.
- Please ensure all footwear is clean before entering the Gym.
- No coats, bags, rucksacks, etc. are to be taken into the gym as they pose a potential trip hazard and can impede safe escape in the event of an Emergency. A coat rack and containers for bags, etc. have been provided in the area directly outside the Gym.
- CCTV is in operation in the area outside the Gym, for security reasons, but there is nothing monitoring the Gym itself.
- Please wipe down and sanitise all equipment after use with the sprays and/or wipes provided.
- Please be considerate to other Gym users and leave the Gym clean and tidy as you have found it.
- Please report any problems, damage or safety issues to the Trevear Farm team.

Additional medical notes about use of the Gym

- Elderly People, Pregnant women and anyone with a heart related illness must consult with a doctor before using the Gym.
- Anyone with diabetes, high or low blood pressure or any other serious illness must consult with a doctor before using the Gym.
- Anyone using the Gym does so at their own risk and understands that Trevear Farm cannot be held responsible for any accidents or injuries incurred.

Accidents and Emergencies

In case of an Emergency – a Mobile Phone should be brought with you to the Gym area.

In the event of a Fire:

- Raise the Alarm by using the Manual Call Point next to the Final Exit Door.
- Taking the Fire Action Notice with you, leave the building and make your way to the Fire Assembly Point.
 - The Signpost on the Entrance Driveway.
- **Call the Fire & Rescue Service - Dial 999 and ask for Fire**
- Give the Address, Postcode and 6 Figure Grid reference to the operator, and wait for them to repeat this back to you.

In the event of a Medical Emergency:

- There is a First Aid box provided in the lobby area.
- There is a defibrillator provided in the lobby area.
- In the event of an accident or incident, administer appropriate First Aid (if needed, call an Ambulance), please contact the Trevear Farm team, and if necessary, you may be asked to complete their Accident Book.