**General:**

1. The following rules and guidelines can help you prevent injury, focus on your workout and protect participants. You must be responsible at all times and follow the rules and guidelines that are in place.
2. When arriving for your session report to the Reception Desk, no participants will have access to the suite until an HPS staff member is present.
3. Participants are encouraged to have an AU or SCM membership.
4. The session will only take place if Tom is present or an alternative member is present. You will be notified in advance of any session cancellations.
5. The Registration of all people attending the session must be completed prior to the session.
6. All participants must complete a PAR-Q Form prior to the beginning of the first session. Any prior injuries must be reported to Tom.
7. Please arrive at the sessions 10 minutes prior to start time.
8. Participants must demonstrate respect towards others, including staff and fellow participants. disruptive, offensive, or discriminatory behavior will not be tolerated.
9. Non-Compliance to these codes of conduct will result in suspension of sessions for full team or individual.

**Rules and Guidelines:**

1. No food is to be taken into or consumed in the S & C Room
2. No bags are allowed into the room; bags must be deposited in the lockers provided
3. No cans or glass drink containers are allowed into the room. Protein shakes must not be taken into the room, water in a plastic resealable container is permitted.
4. Do not use chewing gum.
5. You must report any spillages immediately to the staff member or reception desk.
6. Keep all walkways and access routes clear.
7. In the interest of safety you must familiarise yourself with all Emergency Exit Routes.
8. In the interest of safety and accident prevention, all participants must remove all jewellery when carrying out the prescribed exercises.
9. Please ensure that all participants wear correct training attire, particularly t-shirts and training shoes. Training shoes must be kept on. Inappropriate or outdoor street clothing such as jeans and outdoor boots cannot be worn when taking part in the activity prescribed.
10. All accidents and damages must be reported immediately to a member of HPS staff
11. If an injury occurs during a session, stop immediately and report it to the instructor or staff.
12. Maximum of 4 people per platform.
13. When your session is completed, you must leave the room tidy and ensure that all equipment is stored away safely; weights left out are a safety hazard as well as an inconvenience to others;
14. The use of chalk is not permitted.
15. Move weights from the rack to the bar only. Never set plates on the floor or lean them against equipment, walls or mirrors
16. You must keep all free weight equipment in the free weight area.
17. No electrical equipment is permitted to be taken into the room unless permission has been granted by the manager.
18. If a team or Scholarship is unable to attend a session please provide at least 6 hours notice to HPS or Tom, either by email: [molynet@hope.ac.uk](mailto:molynet@hope.ac.uk) or Call the centre on 0151 291 2911