

# Health & Fitness Centre - Fitness Etiquette

Monash Sport fosters an environment that is equitable, safe, enjoyable and non-threatening for all patrons. We ask that all members/users be considerate and understanding of others when training

## Asking for Assistance

If you need advice on technique, equipment use or your program, please speak to a Health & Fitness Instructor for assistance and support to ensure you get the most out of your training.

## Returning Equipment

Out of courtesy to other patrons, please remember to return weights and equipment to their correct position when you have finished each exercise.

## Sharing Equipment

Please share equipment as much as possible. Ask if you may “work in”, and always allow others the same courtesy. “Work in” refers to when two or more people take turns in using the same piece of equipment.

## Resting on Equipment

Please refrain from sitting on equipment that you are not using. This will ensure the equipment is available for others to use.

## Equipment Time Limits

During peak periods, certain equipment within the Health & Fitness Centre may have a time limit applied to their use. All patrons are asked to adhere to these time limits in order to ensure fair and even use for all users.

## Exercising in Walkways

For the safety of all Health & Fitness Centre users, please refrain from performing exercises in areas that act as walkways.

## Bag Storage

Bags are not to be taken onto the Health & Fitness Centre floor. Please use the shelving provided within the Health & Fitness Centre, or the lockers located in the change rooms to store your personal belongings.

**Note:** Monash Sport will not accept responsibility for any property that is lost, stolen or damaged.

## Music within the Health & Fitness Centre

The music played throughout the Health & Fitness Centre is intended as background music only, and cannot be changed to cater to individual preferences. Should you like to listen to a particular type of music when training we recommend the use of a personal MP3 device.

## Practice Positive Hygiene

A “no towel, no workout” policy applies in the Health & Fitness Centre. We ask all Health & Fitness Centre users to be aware of the impact poor body odour has on others. All patrons should take reasonable measures to ensure their hygiene is not offensive to others.

## Mobile Phone Use

In order to avoid disturbing the enjoyment of other Health & Fitness Centre users, all mobile phone conversations must take place outside of the Health & Fitness Centre.