

Club Rules

Live Life Well creating a respectful environment for all members and Rossis team members.
We politely request that the following rules be observed

1. Opening Hours

- 1.1 The Clubs opening hours, as amended from time to time, are displayed at reception.
- 1.2 Members must ensure they cease use of the Club facilities at least 15 minutes before the Club closes to allow adequate time dressing.
- 1.3 Off peak members last entry is 4.00pm and must leave the facilities by 5.00pm.

2. Physical Activity Readiness Questionnaire (PARQ)

- 2.1 Upon joining the Club all new members are required to complete and sign a PARQ. This is to ensure that the Club's team are fully informed of any physical or medical condition which could affect the members ability or suitability to take part in physical activities.
- 2.2 Only if the Club's team are fully and accurately informed can they assess the member's health and fitness level and prepare an appropriate exercise program. The Club reserves the right to request a doctor's certificate if necessary.

3. Fitness Areas

- 3.1 You must complete a PARQ before using the fitness facilities.
- 3.2 Please ensure for your own safety that you receive an induction before commencing your first workout.
- 3.3 Members must notify the Club of any circumstances affecting their health.
- 3.4 Appropriate clean exercise clothing and trainers must be worn at all times.
- 3.5 Fitness equipment must be wiped down after use. Access to the fitness area may be limited in the event of classes or pre-organised sessions and details of these will be posted on Club notice boards.

4. Group Exercise

- 4.1 Members are not permitted to participate in the group class once it has commenced.
- 4.2 All members must swipe in using their membership card or their Fitsense app.
- 4.3 Please inform the instructor at the start of the class if you wish to leave early.
- 4.4 Classes are subject to change.
- 4.5 Please ensure you wear suitable footwear and clothing.
- 4.6 If you have a medical condition or you are an expectant mother please consult your doctor before taking part.
- 4.7 Members can book classes one week in advance.
- 4.8 Please inform the instructor at the start of the group class if you have any concerns about physical or medical issues.

5. Class Cancellation

- 5.1 If you give more than 24 hours notice there will be no charge.

5.2 If you give less than 24 hours beforehand there may be a charge of the class fee in force at the time.

5.3 If you persistently give less than 24 hours notice your booking rights will be suspended.

6. Swimming Pool

6.1 It is not permitted to run, jump or dive into the swimming pool.

6.2 Junior members (Under 16) using the pool must have supervision by one adult in the pool water. One adult must not supervise more than two children in the pool water. The pool area is not supervised by the Club staff.

6.3 Members and guests with verrucae, athlete's foot or similar communicable maladies must not use the pool

6.5 Radios, inflatables, balls, flippers, snorkels etc, which the Club in its absolute discretion considers to be a hazard or otherwise detrimental to the use of other users and its environs, are not permitted.

6.6 Members, children, babies and guests are asked to wear appropriate swimming costumes only.

6.7 All children under the age of 2, or who are not yet toilet trained must wear Aqua Nappies whilst in the Swimming Pool.

6.8 The pool may be reserved at certain periods for swimming lessons or classes. Prior notice will be displayed on Club notice boards.

6.9 No food is to be taken in the pool area. Drinks are permitted in plastic bottles only.

7. Spa Pool / Sauna / Steam Room

7.1 Members must ensure they are aware of the age restrictions (as displayed on Club notice boards, or as instructed by our team) applying to the use of the spa pool, sauna or steam room by Junior members.

7.2 Junior members must be supervised by an accompanying adult at all times unless otherwise permitted by the Club.

7.3 Members and guests must shower before and after using the spa pool, sauna and steam room. Shaving and exfoliating are not permitted in the spa pool, sauna or steam room.

7.4 Swimming attire must be worn at all times.

7.5 Members and guests with the following conditions should not use the spa pool, sauna or steam room : low / high blood pressure, cardiac irregularities, asthma and pregnancy. If there is any doubt, the member or guest should consult their doctor.

7.6 During the rest cycle of the spa pool, members and guests are requested to leave the spa pool.

7.7 Please read and observe the notices displayed within the pool area.

8. Sunbed Facilities

8.1 Members and guests must pre-book their sunbed sessions.

8.2 Members and guests must complete a sunbed declaration card before their first session. Under 18s are not permitted to use the sunbed and under no circumstances to accompany an adult member in the sunbed room.

8.3 Members and guests should ensure that they familiarise themselves with the Sunbed and tanning information notices.

8.4 Safety goggles must be worn whilst sunbeds are in operation.

8.5 Members and guests are requested to clean the sunbeds before and after use with the sanitiser provided.

8.6 We recommend leaving 24 hours between sunbed sessions.

9. Changing Rooms

9.1 No children are allowed in the changing room of the opposite sex once they have reached the age of seven. The Club may agree to relax this restriction in particular circumstances.

10. Lockers

10.1 For security reasons, members and guests are asked to store personal belongings in the lockers provided, subject to availability.

10.2 We will not accept any liability in relation to locker thefts.

10.3 All usage of lockers is governed by the membership terms and conditions.

10.4 Lockers are provided on a daily basis only, and where items are left overnight we reserve the right to open the locker and remove the items.

11. Lost Property

11.1 All lost property found on the premises should be handed in to the Club reception. Items whose ownership cannot be identified will be stored by the Club for 2 weeks and then donated to local charities.

12. Safety and Hygiene

12.1 In the interest of safety and hygiene, no crockery, glass bottles or glasses are allowed in the changing rooms, fitness areas, dance studio, swimming pool and other activity areas.

12.2 No pets will be allowed on the Club premises, with the exception of guide dogs.

12.3 Entry to the Club is only permitted at the Club reception. Fire exits, which are clearly marked, are there in the interests of safety and members and guests must not interfere with these doors for any reason. In the event of an emergency evacuation, members and guests must immediately make their way in an orderly fashion to the nearest available exit.

13. Behaviour

13.1 If any member shall cause nuisance or annoyance to other members, guests or Club staff, or misuse the Club facilities, or breach any etiquette guidelines or generally behave inappropriately, the Club reserves the right to refuse admission or suspend or terminate membership. In particular, abusive language, threatening or violent behaviour will not be tolerated.

13.2 All minors using the Club must be supervised by an accompanying adult at all times.

13.3 No photography (including the taking of images through a mobile phone or camcorder) is allowed in any area of the Club.

14. Comments and Complaints

14.1 Please refer any comments or complaints to a member of the Club staff.
Written complaints must be addressed to the Head of Operations.

15. Junior Members (Under 16)

15.1 All Junior members must be linked to an adult member who is their parent or legal guardian who will be responsible for them on the Club premises.

15.2 Junior members under the age of 16 cannot enter or be left at the Club unattended unless attending an organised club activity.

15.3 Junior members may not use the gym facilities.

16. General

16.1 No food, drink, alcoholic or otherwise or illegal substances may be brought into and consumed within the Club or its grounds.

16.2 The Club is a non smoking / non vaping environment.