



GYM TERMS & CONDITIONS

Eligibility

The Castle Green Fitness Suite is strictly for members and guests during operating hours. All Castle Green members are required to produce their membership card and log in at reception. Guests must be accompanied by an existing member. Junior members must be accompanied by an adult who is also an existing member. We reserve the right to refuse admission and/or expel any member. All members and guests must complete a pre-exercise questionnaire before using the gym, members must inform us of any changes to their health. Members and their guests are particularly advised not to undertake strenuous physical activities for which they might be medically unfit. When joining an induction is offered, you have the right to opt-out in which a disclaimer form will need to be completed. New users are strongly advised to complete and induction. A membership card is provided when joining, any replacement cards will be at an additional cost of £5.00. Gym memberships are non-transferable. Refunds will only be issued with sufficient medical evidence and will be at the discretion of the Fitness Manager. We reserve the right to change membership prices at any time.

Operating Hours

The Gym is open: 8.30am – 10.00pm Monday-Friday*; 8.30am – 5.00pm Saturday-Sunday. *Restrictions apply – please see Gym Timetable for further details. Under no circumstances are members allowed access to the gym out of timetabled hours. Last entry to the gym will be 30 minutes prior to the Centre closing time. All members need to be ready to vacate the building 5 minutes before the Centre closing time, including use of showers. Amendments to any of these times will be displayed in advance.

Attire

All members and their guests are required to wear a form of dress appropriate to the place, occasion and time of day at the Centre. Members and guests on all occasions will be expected to be appropriately dressed including footwear when entering the Centre and may be refused admission or asked to leave or change once admitted if in the opinion of the manager on duty they are not suitably dressed. Any form of attire, which may cause possible infringement of safety to self or other gym users, or potential damage to the equipment, is prohibited. The manager and staff on duty reserve the right to decide on the suitability of the sporting attire worn by gym users.

General Conduct

All members and their guests are expected to conduct themselves in a proper manner in keeping with the image of the Centre. Members are not to behave in an antisocial or disruptive manner. We expect that all members treat staff and each other with consideration, respect and good manners. We do not tolerate sexual, physical or threatening behaviour of any kind. All people, regardless of age, gender, disability, racial heritage, religious belief, sexual orientation or identity, have the right to equal protection from all types of harm or abuse. No illegal betting or gaming, bad language or misconduct is permitted. The use of and being under the influence of alcohol and drugs including steroids is not permitted. Members should not interact with junior members at any time. We may terminate your membership if we feel you have breached any of these conditions.

Use of Equipment

All gym users must observe the instructions and safety precautions relating to the use of exercise equipment, if in doubt, gym users are required to consult the manager on duty. Gym users will be held responsible for any damages caused to the equipment by them and are expected to practice good gym etiquette by returning all equipment to its original place after use. Do not monopolise the machines. Cardio machines are restricted to 20-minutes per use during peak times. All other equipment shall be shared among gym users at all times. Free weights are not to be taken out of the designated area and safety collars must be used at all times. Forcefully dropping weights is not permitted. No equipment shall be removed from the gym, theft cases will be referred to the police. No personal exercise equipment is allowed to be brought into the gym. If in doubt, check with the manager on duty. Equipment should be wiped down after use with the disinfectant spray and paper towels provided.

Prohibitions

Castle Green is a non-smoking building including e-cigarettes. In the interests of safety and hygiene no crockery or drinking glasses are allowed in the gym or changing rooms. Only water or isotonic drinks contained in proper 'non-spill' sports bottles are to be brought into the gym. All other fluid shall be consumed in the public seating areas. External personal trainers are not allowed in the gym without permission of the manager on duty. Animals are not permitted other than Guide Dogs.

Property

For security reasons members and guests are advised to store personal belongings in the lockers provided, we take no responsibility for lost or stolen property. Keys for the use of lockers are on a locker token return basis. A locker token is provided when joining, any replacement locker tokens will be at an additional cost of £1.00. Lockers are provided on daily basis only, items left overnight will be removed and may be disposed of. Any member who loses a locker key shall pay £25.00 to cover the cost of replacing the lock. No locker key should be taken off site.

Direct Debit Terms – Harlands Group

Terms and Conditions for Direct Debit Memberships will be found at the point of joining.

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