

DOWNSTAIRS WEIGHTS ROOM

RULES & REGULATIONS

- Please ensure you have completed your induction
- You may only access the weights room with a valid Sport Lancaster card or ID card
- You must not use someone else's card or allow anyone into the gym
- Dress appropriately (no jeans, jean shorts, cargo shorts, or chinos)
- Appropriate footwear must be worn (no bare feet or flip flops)
- Store your bags in the lockers provided in the corridors and changing rooms. Bags must not be stored in the Weights Room
- Do not drop or slam the resistance stacks
- Do not lean weight plates/bars against walls, windows, or mirrors
- Put away all equipment after use
- All equipment must stay in its allocated gym
- If you are recording on media devices, do not capture other people in the footage unknowingly
- Treat all other users and the Sport Lancaster team with respect

SPORT Lancaster

UPSTAIRS FITNESS SUITE

RULES & REGULATIONS

- Please ensure you have completed your induction
- You may only access the weights room with a valid Sport Lancaster card or ID card
- You must not use someone else's card or allow anyone into the gym
- Dress appropriately (no jeans, jean shorts, cargo shorts, or chinos)
- Appropriate footwear must be worn (no bare feet or flip flops)
- Store your bags in the lockers provided in the corridors and changing rooms. Bags must not be stored in the Fitness Suite
- Do not drop or slam the resistance stacks
- Put away all equipment after use
- All equipment must stay in its allocated gym
- If you are recording on media devices, do not capture other people in the footage unknowingly
- Treat all other users and the Sport Lancaster team with respect

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STRENGTH & CONDITIONING ROOM **RULES & REGULATIONS**

- Please ensure you have completed your induction
- You may only access the weights room with a valid Sport Lancaster card or ID card
- You must not use someone else's card or allow anyone into the gym
- Dress appropriately (no jeans, jean shorts, cargo shorts, or chinos)
- Appropriate footwear must be worn (no bare feet or flip flops)
- You may lift on the platforms/racks without shoes on if you prefer
- Store bags for your kit on the hooks provided or in a safe place
- Bags must not block the walkways
- Do not drop or slam the resistance stacks
- Do not lean weight plates/bars against walls, windows, or mirrors
- Put away all equipment after use
- All equipment must stay in its allocated gym
- Respect any space being used for classes and workshops
- Arrive on time if attending a class or workshop. Once the class has started, you will not be permitted to enter late as missing the warm-up puts you at risk of injury
- If you are recording on media devices, do not capture other people in the footage unknowingly
- Treat all other users and the Sport Lancaster team with respect

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STUDIO

RULES & REGULATIONS

- Arrive on time. Once the class has started, you will not be permitted to enter late as missing the warm-up puts you at risk of injury
- Store bags and personal belongings in lockers provided
- Inform the instructor of any injuries or medical conditions before the class starts
- Wear appropriate clothing, including non-marking footwear
- Mobile phones must be on silent mode to avoid disrupting the class
- Bring a water bottle with you and stay hydrated
- Wipe equipment after use

STEAM ROOM

RULES & REGULATIONS

- **Sport Lancaster sets the temperature, and it can't be changed**
- **The maximum recommended time in the Steam Room is 20 minutes**
- **Contact lenses will dry out and glasses will become very hot so they should be removed**
- **Please respect the space and relaxation of the cabin. Do not talk loudly, listen to music, or disturb others**
- **Do not use electrical devices**
- **No one under 16 is allowed to use the Steam Room**
- **You may be asked to leave if you are breaking the rules and regulations**

You should not use the Steam Room if you:

- Have eaten within 90 minutes
- Are under the influence of alcohol or drug(s)
- Have exercised recently – please allow your body to return to normal temperature
- Have a serious illness, a heart condition, high or low blood pressure, a respiratory condition, an inability to perspire, or any other medical condition that may affect your reaction to heat
- Are taking any medication for the above – if in doubt ask your doctor
- Are susceptible to migraines
- Are diabetic with damaged feet or peripheral neuropathy who experiences reduced sensations in feet
- Have a contagious disease, infectious skin condition or open wounds
- Are pregnant
- Are dehydrated

How to enjoy the Steam Room safely:

- Drink plenty of water
- If you start feeling ill or faint, leave the cabin immediately and seek help from staff
- Prior to entering the cabin remove all jewellery and watches
- Have a warm shower before entering to remove cosmetics
- Keep the area clean. Please report to staff immediately if the area needs attention
- Wear suitable swimwear, DO NOT wear boxers/underwear or any outdoor clothing
- Take 5 to 10 minutes to cool down before returning to the Steam Room
- Close the door when leaving the Steam Room
- Respect and enjoy

SAUNA

RULES & REGULATIONS

- Sport Lancaster sets the temperature, and it can't be changed
- Varying your position within the cabin can change the temperature so that it is comfortable for you. The higher benches will always be the hottest
- The maximum recommended time in the Sauna is 20 minutes
- Contact lenses will dry out and glasses will become very hot so they should be removed
- Please respect the space and relaxation of the cabin. Do not talk loudly, listen to music, or disturb others
- Do not use electrical devices
- No one under 16 is allowed to use the Sauna
- You may be asked to leave if you are breaking the rules and regulations

You should not use the Sauna if you:

- Have eaten within 90 minutes
- Are under the influence of alcohol or drug(s)
- Have exercised recently – please allow your body to return to normal temperature
- Have a serious illness, a heart condition, high or low blood pressure, a respiratory condition, an inability to perspire, or any other medical condition that may affect your reaction to heat
- Are taking any medication for the above – if in doubt ask your doctor
- Are susceptible to migraines
- Are diabetic with damaged feet or peripheral neuropathy who experiences reduced sensations in feet
- Have a contagious disease, infectious skin condition or open wounds
- Are pregnant
- Are dehydrated

How to enjoy the Sauna safely:

- Drink plenty of water
- If you start feeling ill or faint, leave the cabin immediately and seek help from staff
- Prior to entering the cabin remove all jewellery and watches
- Have a warm shower before entering to remove cosmetics
- Keep the area clean and sit on a towel
- Please report to staff immediately if the area needs attention
- Wear suitable swimwear, DO NOT wear boxers/underwear or any outdoor clothing
- Take 5 to 10 minutes to cool down before returning to the Sauna
- Close the door when leaving the Sauna
- Respect and enjoy