

Membership and Use of SWBH Sandwell/City Gym Terms and Conditions

1. Eligibility

- Sandwell/City Gym reserves the right to reject an application for membership or refuse admission to the facility

2. Membership:

- Membership is only granted when all required paperwork has been satisfactorily completed
- All members must be at least 16 years old.
- Membership of the gym is free to employees of SWBH.
- Membership is personal to the member and may not be reassigned, transferred, sold on or otherwise disposed of The Gym is for the sole use of SWBH employees. Guests are not allowed.
- Membership is limited to employees of SWBH ONLY. This does not include members families.

3. Induction Process:

- You are required to participate in the Gym induction process prior to use. The induction process will include signing a Health Statement and be followed by an equipment and facility induction.

4. Health & Exercise Precautions

- You are advised not to increase your exercise program beyond the progressions stipulated by the Fitness Instructor without first consulting with them. You should also not use an unfamiliar piece of equipment without first consulting a Fitness instructor.
- You should not exercise if you have been drinking alcohol, lost a lot of sleep, not eaten sufficiently, have a heavy cold or flu, or feel that your health is compromised in any way.
- If you have any form of “refrain” from exercise, you are advised not to carry on the previous exercise regime, but rather move to a lighter workout and build up again gradually. Please consult a member of the fitness staff for assistance

5. Health & Exercise Recommendations

- In the event of pregnancy, injury or medical operation please consult with your doctor before exercise and act on their advice.
- Listen to your body. If any exercise hurts or you feel unwell or lightheaded, stop exercising and inform a member of staff.



6. Clothing

- You are required to wear appropriate footwear whilst exercising (trainer) and suitable clothing (shorts, t-shirts, tracksuits, leotards and leggings). Tops must be kept on at all times in the exercise areas.
- Please bring with you your own sweat towel.
- Only clean non-marking trainers are permitted in the gymnasium.

7. Changing Rooms & Lockers

- Lockers are provided for your use and items should be stored in the lockers whilst you are using the gym. Please empty the lockers when you leave and return the key to the locker. Do not store items in the locker when you are not using the gym. **Anyone using the locker inappropriately may have their membership terminated.**

8. Liability

Sandwell and West Birmingham NHS Trust shall not be liable for any loss, damage or theft of personal property belonging to the member, occurring on the gym premises.

Sandwell and West Birmingham NHS Trust shall not be responsible for any injury occurring upon the gym premises as a result of the misuse of the facilities and/or equipment provided by the gym.

9. Conduct

- The consumption of food is not permitted within gym. Food and beverages with the exception of water should be consumed outside the facility.
- Please wipe down gym equipment after use.
- Disorderly conduct, or conduct which may or does cause offence to other persons, may result in the termination of membership.
- SWBH celebrates difference, insists on respect, and promotes tolerance. Offensive and disrespectful members may result in the termination of membership.
- The gym encourages you to be courteous to fellow members and to ensure that time restrictions on the equipment are adhered to. Please share the equipment and allow others to use equipment, especially in busy periods.
- Please conduct yourself in a manner that does not disturb or endanger others.
- The consumption of alcohol will not be permitted on the premises.
- Smoking is prohibited.

10. General

- The gym reserves the right to vary the opening times. Advance warning of these changes will be posted within the Centre.



- Members assume personal responsibility for not using the gym if there are already 13 members present.
- If members are waiting, members should limit their time to 30 minutes.
- Please be considerate to other gym users and if you attend during busy periods please limit your time spent on each piece of equipment.
- The gym may withdraw all or part of the facilities for any period when required for staff training, social activities, in conjunction with any repair or maintenance work or other issues beyond their control.
- Only fitness instructors and personal trainers appointed by the gym are allowed within the facility.
- You must access the Centre using your building security pas key.
- Bags should not be brought into the training areas.
- Additional rules and guidelines may be required for specific use of areas, equipment, services or activities within the gym. Written notification of these will be given to you or posted within the gym.
- It is the member's responsibility to inform staff of any change of contact/address details.
- Members must use all the equipment with care.
- Members must comply with the instructions of staff in the interests of health and safety.
- Access to the gym is 24 hours.
- To cancel membership for the gym; Occupational Health must be informed on 3306.
- SWBH reserve the right to exclude any member they deem not to be adhering to the above or who by their actions poses a health and safety risk to others.
- By accepting membership of the Gym, you agree to these rules of membership.

City GYM – swipe is issued for access to the gym. £10 charge will applied if the card is lost.

SGH GYM – PAC key access which will automatically is updated after your induction.

In case of Emergency phones are located within the gym area. The emergency contact is 2222. There are also panic buttons that will call security if pressed.

CCTV monitoring is in place.



