



WAVE GYM ETIQUETTE



Wear appropriate clothing and clean footwear at all times

Ensure you utilise the safety features on our gym equipment when utilising – please ask a member of the Wave Team should you need assistance



Turn your mobile phone to silent and exit the gym to use in conversation



Always use headphones with a personal music device, keeping the volume at a reasonable level

Maintain an awareness of your surroundings and refrain from shouting, swearing, banging weights and making loud sounds

No bags or personal belongings should be brought into the gym – use the lockers provided for valuables

Free-weights can only be used by persons aged 16 years and above



Return equipment and accessories to their proper locations - especially dumbbells, barbells and weights



Permission is required to use photographic equipment or video cameras in the Centre

Respect yourself and those around you by controlling your personal hygiene

Work your exercise routine, in, with and around others



Bring a water bottle and stay hydrated



If you feel breathless/faint or pain at any time during exercise you must cease activity immediately and seek help from a member of the Wave Team

Wipe down equipment and flooring after use with the paper towel and sanitiser spray provided

Consider others by not using, or grouping to use a particular piece of equipment for long periods

No eating or chewing gum

Our staff will politely remind customers as and when they feel necessary in relation to the above points and any inappropriate behaviour they encounter