1. Your club rules

1.1 These club rules set out the rules that apply when you use our club. Please read these club rules carefully before using our club. These club rules form part of your membership agreement with us and failure to follow may result in termination of your membership.

1.2 In these club rules, us, we or our refers to Wellington Health & Fitness Club. Wellington Health & Fitness Club is the trading name of Wellington College Services Limited, (company number 01259773), for more information about us see Who we are in our Membership Terms and Conditions.

2. General health and safety

2.1 To protect the safety of all members and guests, you must pay particular attention to all notices and signs relating to health and safety displayed within the Club. If you do not understand a notice, please ask a member of staff.

2.2 You must comply with our staff's instructions at all times.

2.3 Our fire exits are clearly marked. If there is a fire, an emergency or you hear the fire alarm, please exit the facilities by the nearest safe fire exit. Once you have left the building, please head to the advertised assembly point.

2.4 If you suffer an injury whilst at the Club, please report it to a member of our staff and provide them with any reasonable details they request.

2.5 Please do not use the Club if you have an infectious illness or condition.

2.6 You must follow all guidance and instructions displayed on or in respect of any club equipment or otherwise in our facilities, as updated from time to time.

2.7 Whilst you are at the Club, we expect you to behave appropriately, respectfully and politely. Aggressive, abusive, intimidating, anti-social or threatening behaviour or language will not be tolerated. We can prevent you from entering the Club or ask you to leave if we think that your behaviour is not suitable.

2.8 You must dress appropriately and wear suitable sports clothing and the correct footwear according to the sporting activity (or as otherwise instructed by signs or our staff). Outdoor shoes are not permitted in the sports hall or squash courts. Swimwear should be worn in the sauna and steam room. If you do not wear suitable clothing, we may ask you to leave our club.

2.9 Where changing facilities and toilets are marked as for use by men or by women, you must use those which accord with your sex. When using the changing facilities and toilets, you are expected to respect the privacy and dignity of other persons using those facilities. By law, our members and visitors who use a changing room marked as 'male' or 'female' must select the one that matches their biological sex. Our all gender and single-occupancy facilities can be used by everyone, If you need help locating our all gender and single-occupancy facilities, our front-of-house team will be happy to assist. If you have any questions or concerns about which changing room is right for you, please email hello@wellingtonfitness.co.uk.

2.10 Pets and other animals are not allowed into our facilities, except for registered working assistance dogs.

2.11 Do not enter the Club whilst under the influence of drugs or alcohol.

2.12 You may only be in the Club between the advertised opening and closing times. Different facilities within the Club have different opening and closing times and those facilities cannot be used outside of their specified opening and closing times.

2.13 No photographs or videos may be taken on the premises.

2.14 Do dot not post any negative comments or imagery on the internet that includes or involves the Club or any of its members.

2.15 Only personal trainers who have our permission are permitted to train members at the Club. Anyone else seen training members may have their membership terminated immediately.

3. Use of the facilities and our equipment

3.1 Before you start using the gym or fitness equipment, we will ask you to make some statements about your health and have a supervised gym induction session with one of our qualified fitness coaches. You should tell a member of staff when you join about anything that is relevant to your physical condition. You should continue to keep this information up to date throughout your membership.

3.2 You should not use any club equipment or facilities unless you are satisfied that you are competent to do so in a safe manner, including ensuring the safety of you and others. Should you have any doubts about how to use our club equipment or facilities, please talk to a member of our staff.

3.3 If you have any concerns about your health or physical condition, you must not do strenuous activities without first getting medical advice.

3.4 You are responsible for monitoring your own physical condition. If you suffer any unusual symptoms or feel unwell whilst exercising, you must immediately stop and tell a member of staff.

3.5 Mirrors are for correct technique; please do not lean on them.

3.6 Wipe down all equipment and stretch mats after use.

4. Opening hours

4.1 Our club is part of Wellington College. From time to time, we may close some or all, of the facilities due to Wellington College's needs. We will give you as much notice of this as we are able to in the circumstances.

4.2 the Club's opening hours are displayed on our website and on our club app. Whenever possible, we will give one months' notice if we change our opening hours. Such notice will be displayed on our website and on the Club app.

5. Booking conditions

5.1 Members may make an advance booking of the courts and the classes we provide at no additional cost.

5.2 We may suspend your right to make a booking for up to one month if you fail to attend, or, if you cancel with less than 24 hours' notice.

5.3 Non-members can attend a class if they are invited by a member, that member pays for a guest pass and a supplement for them to attend a class.

5.4 Members can book a class seven days in advance and can cancel attendance by notifying us at least 24 hours prior to the class. If a member cancels any later than this and the class was fully booked, with a waiting list, the member will be charged £5. Booking rights will be suspended until the fee is paid.

5.5 During classes unless for an expressed reason the participant should remain in the class until the completion.

5.6 During Aqua classes in the main swimming pool participants should remain in the class and not attempt lane swimming.

6. Free weights, Olympic Gym and gym

6.1 No one should train in the Olympic Gym unless accompanied by a member of staff.

6.2 Please be courteous and replace your weights to the correct racks.

6.3 Please allow other users to jump in on sets whilst not in use during rest periods.

6.4 42kg-60kg weights MUST only be used in the matted area in the gym upstairs. This is due to the floor not being reinforced for heavy usage.

6.5 Clips must be used when lifting with an Olympic Bar. Bars must be unloaded after use.

6.6 Respect other people's training space and leave enough room to keep everyone safe.

6.7 Do not drop weights unless engaging in an exercise that requires it. Ensure the bar is always under control.

7. Swimming pool, sauna and steam room.

7.1 You must follow all pool, sauna and steam room rules displayed in the Club. Please shower before entering the pool, sauna or steam room. Do not stay in the sauna or steam room longer than the recommended time.

7.2 Our pool may be reserved at certain times for classes that we provide. We shall use reasonable efforts to notify you of this reserved use by notice on our website.

7.3 Inflatable items and balls are only allowed to be used at set times. For details on this, please visit our website.

7.4 Radios cannot be used in the pool, sauna or steam rooms.

7.5 You may not shave, exfoliate, use oils or conditioners, eat or drink in the pool, sauna and steam rooms.

7.6 Children who are not potty trained must wear swimming nappies when using the pool or pool area.

7.7 In the swimming pool, one adult should not supervise more than one child under the age of three or more than two children under the age of eight.

7.8 Children under the age of 18 cannot use the pool or pool area during adult-only swim times. They can only use the pool area when a lifeguard is present.

7.9 Children under the age of 18 cannot use the ice bath. People with any of the following conditions should not enter the ice bath

Uncontrolled high blood pressure, cardiovascular disease, cardiac arrhythmia, heart conditions affecting circulation, respiratory disorders or pulmonary oedema, Raynaud's syndrome, peripheral neuropathy or significant circulation problems. Fever, cold flu or any current illness. Open wounds, skin infections or sores. Anorexia nervosa. Under the influence of alcohol or drugs.

8. Junior members

Junior members may access the Club and its facilities as set out below:

8.1 Children over the age of eight can use the pool during designated times and subject to the rules on supervision.

8.2 Under 16s: those aged 13, 14 or 15 can use:

a) The pool at any time when a lifeguard is present unless it is a designated adult only session.

b) Squash courts, tennis courts and table tennis tables at any time; and

c) Following an induction, the gym during designated sessions.

8.3 Only members aged 16 and above can attend group exercise classes.

9. Supervision of children

9.1 These rules apply regardless of whether they are a junior member or not.

9.2 Children under the age of eight must be supervised at all times by an adult unless:

a) That child is participating in a supervised activity such as Camp Beaumont or Swim School.

b) That child is aged over eight and using a changing room.

9.3 If your child is participating in a supervised activity, he or she must be registered in person with the activity leader. Each supervised activity has its own procedures regarding whether an adult must remain in the Club whilst a child is participating in an activity. In Swim school activity the parent or guardian must remain on site whilst the activity is taking place.

9.4 In the pool area:

a) One adult can supervise one child under the age of three.

b) One adult can supervise two children under the age of eight.

c) Any children not potty trained must wear swim nappies.

9.5 You must not bring a child into the Club if they have an infectious illness or condition.

10. Personal belongings and lockers

10.1 All personal belongings that you bring into our club remain at your own risk, which includes when you use our lockers. We do not accept liability for any loss or damage to these items.

10.2 If you lose a key or padlock to any locker, you will have to pay a fee to cover the cost of a new key or padlock as appropriate.

10.3 If you leave your belongings in a locker overnight, we have the right to remove your belongings. You can reclaim these belongings from reception for two weeks after we remove them. After this period, we may dispose of the belongings.

10.4 If you find any lost property, please hand it in to reception immediately. We will hold lost property items for a week before donating them to charity. Valuables will be held for one month.

11. Driving to our club and parking

11.1 Please drive carefully when entering and leaving our club. You must at all times adhere to the speed limit within the College grounds.

11.2 Our car park is only to be used when you visit our club and for no other purpose. You must not leave your car in our car park overnight.

11.3 We do not guarantee spaces for our members and car park spaces are on a first come first serve basis.

11.4 You leave your car (and any possessions in your car) in our car park at your own risk. We do not accept liability for any loss or damage to your car, personal belongings within it or other property while parked in our car park.

11.5 Please do not leave your engine running when you are dropping off or collecting people from the Club or our facilities. This is particularly important if you are parked near the tennis courts or the Astro pitches.

11.6 Entrance to the club is only through the main health and fitness club entrance. No access can be sought via the college kilometre road.

12. Food and drink

12.1 Any water bottles, sports drinks or protein shakes must have a lid on and must be in a plastic or other shatterproof container. Crockery, glass and other items that may shatter cannot be brought into our facilities.

12.2 Other than in Fives Café, no food or hot drinks are to be consumed in the Club.

12.3 Only food and drinks purchased from Fives Café may be consumed in there.

13. Guests

13.1 Only adult members (18years and above) may bring guests to the Club, if:

(a) You or the guest pays for a guest pass, which will allow your guest entry into our club for a single visit. To find prices for a guest pass, please contact us using the details above or ask at our reception. We reserve the right to refuse to grant any guest pass. **Guest passes do not give access to the gym facility.**

(b) Your guest signs in at our reception when they enter our club and sign out when they leave; we **reserve the right to ask for Identification at point of entry for all guest visits to the club.**

(d) You stay with your guest when they are at our club.

13.2 You must make sure that your guest is made aware of and follows our club rules.

13.3 You may only bring the same guest to our club once per month.

13.4 You may only bring two guests to our club at the same time.

13.5 If your guest breaks any of our club rules, we may:

(a) Remove you and your guest from our club and cancel any guest pass.

(b) Withdraw your right to invite guests to our club for up to three months.

13.6 if your guest attends a class, a supplement is payable.

14. Use of Wellington College grounds

Members or guests may not access the grounds of Wellington College.

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