

Clondalkin Rugby Football Club

Ground address: Baldonnell Farm, Clondalkin, Dublin 22, D22 Y9H9
www.clondalkinrugby.ie



CLONDALKIN RFC
FOUNDED 1973



GYM RULES AND REGULATIONS

CRFC_Gym Rules and Regulations_Version 1.1

Clondalkin Rugby Football Club (CRFC) Members are required to observe and comply with these Regulations and Rules. The Gym reserves the right to make changes from time to time and these changes shall be posted at the premises.

General Policies

- Entry will only be permitted to those with a valid CRFC Membership, in date and paid in full.
- We strive to uphold a safe, clean and enjoyable environment. As such, we expect proper, respectful conduct on the premises at all times.
- We do not permit disrespectful conduct towards members, guests, employees or vendors, including but not limited to vulgar, profane, indecent, offensive, violent, hostile, aggressive, threatening, harassing, stalking, fraudulent, or other inappropriate conduct or language.
- No Tobacco, smokeless, or otherwise, allowed.
- No gum or food allowed.
- No children under 18 years old without a supervision from a qualified instructor/CRFC Coach.
- All members, upon entering the facility, are required to present a membership card to gain entrance.
- Do not bring in anything valuable (we are not responsible for any lost, stolen or damaged items).

Trespassing action will be enforced.

Under no circumstance is any member to train another member for compensation. If it is determined that paid personal training has been conducted on the premises, the trainer and trainee will each lose their membership.

Attire and Shoes

- Proper workout attire (shorts, t-shirts, sweatpants, sweatshirts) should be worn. No inappropriate or vulgar words or graphics may be worn. Jeans or pants with buttons, hardware (zippers/rivets), and straps are allowed. No see-through clothing. No open-toed or heeled shoes.
- No bare feet are allowed on the floor.
- Shirts must be worn at all times.
- Sand and dirt must be removed from shoes before entering the facility.

Changing Rooms

- We do not provide lockers.
- The Gym is not responsible for any lost, stolen or damaged articles.
- If workout or shower towels are needed, it's the member's responsibility to bring them to the club.

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Cardio Equipment

- The cardio equipment is available on a "first-come, first-serve" basis.
- Please wipe down the machines after your workouts using the wipes provided at the facility.
- It is required for you to bring a personal workout towel.
- It is the individual user's responsibility to clean up cardio equipment for excessive sweating.

Free Weights

- Use weight collars and pins at all times for your safety and that of others.
- **Return and Rack** all weights (plates, dumbbells) after use. Violators will be asked to leave the facility.
- Do not drop the weights or lean them up against anything, and use extreme caution in mirrored areas.
- It is required for you to bring a personal towel to wipe off the upholstery after your use.

Spotting

- We recommend lifting with a partner. If you do not have a lifting partner, please check with other gym users for assistance.

Safety/Emergency

- In case of emergency contact the authorities if it is deemed necessary.
- In case of fire or alarm, always use caution and safely leave the building.
- Any activity or exercise resulting in pain, faintness, dizziness, or shortness of breath should be stopped immediately.

Miscellaneous

Please refrain from talking your mobile phone on the gym floor and from using profanity while at the club.

Violation of Rules

If any member violates any of the policies, The Gym has the right to revoke club memberships.

Parking

- Parking is provided for the use of our facility.
- Park at own risk. The club accept no responsibility for any damage accidents or losses.