

# GYM RULES AND REGULATIONS

- All members must sign and submit the gym waiver form before using the facility.
- The gym is exclusive to HW Flesher Co-Op members only.
- Maximum two people at a time.
- All gym equipment must be wiped down after use with the sanitizing solution and microfibre towels provided.
- Members must return all equipment to its proper place after use. This includes dumbbells, weight plates, and any other equipment.
- No outdoor shoes. Please bring clean footwear for use in the gym.
- No food and drinks other than water are not allowed in the gym. This will help to keep the facilities clean and reduce the risk of spills or stains on equipment.
- Members are prohibited from removing equipment from the gym, such as dumbbells or weight plates. This is to prevent theft of community property.
- The co-op will not be responsible for any personal belongings, and we recommend that members leave valuables at home.
- Members are encouraged to report any suspicious behaviour or equipment malfunction to the board and gym volunteers.
- Any damage caused to equipment or facilities by a member will be the responsibility of that member to repair or replace.