

Kilkenny RFC Gym Rules

General Regulations

- By accessing the gym and using the gym equipment members are deemed to have read and understood the terms and conditions of membership and have dealt with their club membership fee appropriately.
- Only members who have paid their annual club membership are entitled to use the gym. No guests are permitted to use the gym with club members.
- The club will issue access to the gym via an app. This app must be used as a method of entry for all visits. It may not be passed on to anyone else – misuse of your access will result in permanent revocation of any access rights to the gym.
- Member's access and member usage is monitored by CCTV to ensure the safety and security of everyone. Interfering with the gym access system will result in permanent revocation of any access rights to the gym.
- Use of the Gym involves physical exercise, sport, and recreational activities which can be dangerous and may cause injury. Members' use of the Gym is voluntary. Members voluntarily assume all risks of injury, damage, or loss which may be sustained as a result of, connected with or in any way associated with their use of the Gym.
- Members must take all necessary medical and professional advice to ensure their safety, to verify their fitness and to confirm their suitability for use of the Gym prior to membership and throughout the course of their membership.
- Kilkenny RFC will not take responsibility where a gym user sustains injury from incorrect use of equipment.
- Members are solely responsible for their own belongings – the club accept no responsibility for any loss or damage to personal property.
- No drunkenness, bad language or aggressive behaviour toward other club members is permitted on the premises. Membership may be terminated for violation of any rule or regulation of the Gym or by conduct deemed by the club executive to be detrimental to the welfare, good order or character of the club and its members.
- Appropriate behaviour is required at all times so as not to jeopardise your safety or the safety of others.
- You may not use the gym whilst under the influence of alcohol, narcotics, tranquilizers, or any medication or other substance which may affect your ability to exercise safely.
- If any Member has a concern regarding Health and Safety, they must report the issue to a club executive member immediately.
- Smoking, including e-cigarettes, is strictly prohibited in all areas of the Gym.
- Personal gym equipment should not be left in the club gym; only club sanctioned equipment is to be stored in the gym – if you feel additional equipment are required please contact a Committee member

and the club will assess the need for further purchases. Extraneous items will be removed periodically; the club does not accept any responsibility for items disposed of during these clean-ups.

- Kilkenny RFC reserve the right to refuse access or revoke access rights.

While working out:

- Be respectful of others working out near to you.
- Please wipe down benches after use. As a courtesy to other members, a small towel should be carried to wipe down equipment after use.
- Members must ensure they put weights back in their original place when finished.
- It is essential that the correct attire is worn when exercising i.e. suitable, comfortable exercise clothing and footwear must be worn. Clothing such as jeans, boots, flip-flops/sandals or work wear are not permitted.
- Do not take photographs/videos on the premises or post such items or remarks on the internet that may identify others.
- All other club rules relating to conduct extend to the use of the gym area.
- Gym equipment should not be used alone.
- If any incident occurs, report it to a member of the Senior Executive immediately so that it can be noted in our 'Incident Record'.

Age Restrictions

- Only persons 16 and over are permitted to use the Gym Equipment
- Persons aged over 16 & U18 can only use the gym as part of an official supervised training session.
- Only a person aged over 18 can use the gym when it is not an official supervised training session.

The gym is exclusively for the use of fully paid club members. Under no circumstances can guests or non-members be allowed to use the facilities.