



# PHYSIOCARE

## BODY MANAGEMENT

### Physiocare Body Management Gym Terms and Conditions

We would like your visits to The Body Management Gym to be safe and effective so please read the following information

#### The Gym

All members and guests must complete a ParQ prior to using the gym.

As part of our commitment to safe and appropriate exercise, all gym members will undergo The Body Management starter programme. This includes a fitness and health examination, development of a gym programme and induction in the safe use of the gym equipment

We require 3 months notice to cancel your membership. Should you then wish to rejoin at a later date you will need to complete the starter programme again.

We only permit a maximum number of people to use the gym at any one time therefore we encourage all members to book their time in the gym prior to arriving. This will help to ensure the availability of equipment.

On arriving at the gym please report in at Reception and collect your exercise programme.

Gym users should only use equipment they have been shown how to use effectively and safely by a physiotherapist. Should you wish to use any of the other equipment please ask the duty physiotherapist to show you how to use it.

If you encounter any problems/faults with any of the equipment please report it to the duty physiotherapist/receptionist.

Additional equipment – including balls, theraband and pilates mats and cushions are kept in the green cupboards. Please replace them after use.

Suitable clothing and clean trainers or soft soled shoes must be worn at all times.

Please wipe off any perspiration from the equipment with the anti bacterial spray and wipes provided.

Should you wish to alter any of the audio-visual equipment please ask the duty physiotherapist to do so

Should you wish to adjust the gym area ventilation or temperature, please ask the duty physiotherapist to do so. For reasons of security and safety, clients are requested not to open windows.

### Equipment specific

When using the wobble boards – please place on the thick blue mat so as to avoid slipping

Ensure red pins are firmly in place on all weights equipment before commencing exercise

Take extreme care when releasing spring loaded bars on Pilates and weights equipment.

Please use the emergency stop cord on the treadmills

Please use the free weights in the free weights area (by the weights bench on the black mat)

### 1:1 training sessions

Book in for a series of 1:1 sessions with one of the Physiotherapists who will be able to assess your progress and review your exercise programme. They will help you improve and develop your exercise technique and teach you new exercises where appropriate.

### Shower and Changing Facilities

All gym users are welcome to use the shower and changing facilities. Please remove your belongings to a locker whilst using the gym.

### Lockers

Lockers are available in the gym. Please attach the key to your person whilst using the gym. For security, all belongings should be locked in lockers. Please do not leave any possessions in the lockers over night.

I understand and agree to abide by the Terms and Conditions outlined above

Signed

Name

Date

Terms and Conditions may be subject to amendment at any time