

Fitness Suite at Bridport Leisure Centre

Etiquette

In order to provide you with the best quality of service, we ask you to observe the following:

Service Pledge

Our Bit.....

We will provide:

- Friendly, helpful and qualified Staff who will be eager to assist at all times
- Clear fitness programmes with attainment targets & goals
- Regular updates to your programme
- A well maintained and well equipped Gym
- Comfortable ambient temperatures between 19 and 24° c
- Advanced warning of any changes to opening hours
- A clean and tidy environment for you to enjoy your exercise

Your Bit.....

We would be really grateful if you could:

- Show courtesy and consideration to all members of the Gym and its Staff
- Respect the property of the Leisure Centre
- Exercise within your ability as over-exertion or poor technique can result in injury
- Avoid bringing bags into the Gym as these cause obstruction and are a potential hazard instead, please use the lockers by the Changing Rooms
- Report any safety concerns or equipment faults immediately to any member of Staff
- Advise Staff if your medical status changes which might affect your ability to exercise

General Rules

- For your safety - you must have completed an induction before using the Gym
- Help us keep the Gym clean and only wear INDOOR trainers
- Help us keep the equipment sanitised by wiping down after use (please bring a towel with you)
- Treat the equipment with respect such as returning weights to the racks
- Do not compromise the exercise by lifting too much weight.
- Help us maintain a safe environment by reporting any spillages immediately
- All incidents or accidents must be reported to any member of Staff
- Loose clothing can be hung on the coat hooks provided
- When using the cardio-vascular equipment during busy periods, please limit your time to 20 minutes if others are waiting
- The use of mobile phones in the Gym is restricted for emergency use only
- Valuables can be stored in the small lockers provided (however, Bridport & West Dorset Sports Trust takes no responsibility for the theft or loss of personal belongings)





Fitness Suite

Three Stage Induction Process Information

All customers wishing to use the Fitness suite must attend our three stage induction process.

Stage One (ratio 3:1 Instructor)

Is a one hour session and is to be booked and paid for in advance at Reception
(FREE For Price For Life Members)

When attending Stage One of your Induction you will need to purchase your Wellness Key from Reception at a cost of £10.00

Your Fitness Instructor will then carry out the following process:

- Complete a full Health Assessment
- Explain to you all about the Wellness System and how it works
- Allow you to have approximately a 30 minute trial on half of the cardio vascular and resistance Technogym equipment

Stage Two (ratio 3:1 Instructor)

One hour session

Your Fitness Instructor will then carry out the following process:

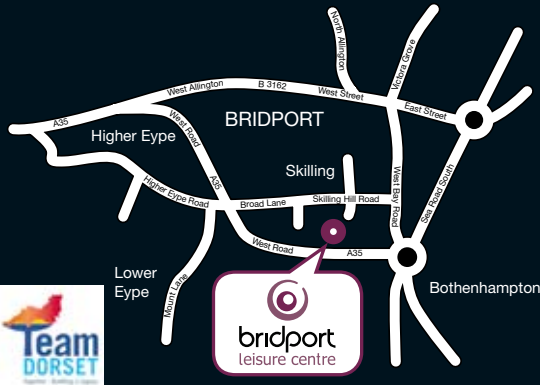
- Complete a number of health checks e.g BMI and body fat
- Allow you to have approximately a 30 minute trial on the remaining half of the cardio vascular and resistance Technogym equipment

Stage Three (ratio 1:1 Instructor)

- During Stage Three of your Induction your Fitness Instructor will design a full programme tailored to your personal goals, needs and ability

Following Stage Three of your Induction any of the Fitness Instructor Team will only be too happy to carry out regular assessments or upgrade your programme at any time to ensure your targets are kept bang up to date!

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