

NON-STAFFED HOURS RULES

- **ALL NORMAL GYM RULES STILL APPLY.**
- TO SPEAK TO A STAFF MEMBER CALL 3443377 OR 0211466700 (PHONE ON FOOD DISPLAY CUPBOARD).
- IF YOU REQUIRE EMERGENCY HELP/ASSISTANCE PRESS THE RED BUTTON ON THE LANYARD FOR **5 SECONDS**. THE SECURITY COMPANY WILL CALL THE PHONE LOCATED ON THE FOOD CUPBOARD TO CHECK WHAT THE PROBLEM IS. IF UNANSWERED A SECURITY GUARD WILL COME TO THE GYM. IF YOU ACCIDENTALLY PRESS THE BUTTON MAKE SURE YOU ANSWER THE PHONE CALL OR RING THE SECURITY COMPANY ON **03 2817791** IMMEDIATELY.

IF YOU PRANK OR ACCIDENTLY PRESS THE BUTTON AND DO NOT ANSWER THE PHONE CALL YOU WILL BE CHARGED A CALL-OUT FEE! (\$65+GST)

- MOBILE PHONE MUST BE CARRIED ON YOUR PERSON AT ALL TIMES INCASE OF EMERGENCY.
- FOR BENCH PRESS, SHOULDER PRESS & OTHER SUCH BARBELL EXERCISES YOU MUST PERFORM THEM IN A POWER RACK WITH SAFETY BARS BEING USED, UNLESS SPOTTER PRESENT.
- NO BRINGING NON-MEMBERS INTO THE GYM. A \$20 PENALTY PER NON-MEMBER