

Gym Etiquette

Behaviour in our DBL Gyms

- Please always wear appropriate gym clothing and footwear.
- Belongings should be placed in the lockers provided and not brought into the gym.
- Safe and appropriate behaviour is always required to minimise risk to yourself and others.
- During busy periods please ensure that you do not monopolise the equipment.
- Please treat the equipment with respect and refrain from dropping weights.
- Please be considerate and replace weights on the dedicated racks after use.
- If you are unsure of how to use a piece of equipment you should seek instruction from a member of staff before doing so.
- In the interest of everyone's cleanliness and hygiene, please wipe down equipment after use, using the cleaning materials provided.
- Please do not consume food in the gym.
- Customers under the age of 16 are not allowed to use free weights or resistance machines.
- Please be respectful to other people's privacy when using personal technology in the gym. You must not capture any person in any image without their permission.

Abuse and harassment

- We do not tolerate any form of harassment or abuse towards our members or staff. All customers must conduct themselves in a respectful manner whilst using our facilities. Any customer who acts in an intimidating, abusive, violent or disrespectful manner may have their membership suspended or terminated with no refund of fees already paid.
- Any conduct or speech that might be considered racist, sexist, homophobic, transphobic, ableist or otherwise discriminatory will not be tolerated. If you experience or witness any form of discrimination or abuse, please report it to a member of the team.