

# CERN Fitness Club Powerlifting Guidelines

1. Members must reserve their slot through the dedicated booking system. Use of the Fitness Club/Powerlifting facilities will not be permitted otherwise. People who have not booked their slot will be asked to leave if the gym is overcrowded

*Remove a booking as soon as you know that you are not coming to the gym.*

2. If classes are taking place, please do not enter/train on the green/grey floor area, but stick to the rubber, black mats. Always use the stairs and raised platform to go from one end of the hall to the other if classes are taking place.

3. Clean and put away all equipment when you have finished. Rack the weights when you are done using them.

*Remove weights from the bar when you are finished with them and put them back where you took them from in a proper order. e.g. Heavier plates go on the inside and lighter plates go on the outside.*

#### 4. Wear appropriate clothing for exercise.

*Clean shoes must be worn at all times in the gym. Please wear shoes that have clean soles and that you do not wear outside the gym. If you make a mess please clean it up. Proper clothing must be worn at all times, for example, one must not work out in jeans. Wearing sweatpants (or shorts) and a t-shirt is OK.*

#### 5. Do not drop Weights.

*Unless this is absolutely required for safety reasons. In such cases it is your responsibility, so you will be required to pay for any damage caused to equipment or infrastructure.*

#### 6. Don't train alone, train with a training partner / use a spotter.

#### 7. Do not leave any possessions in the Gym.

*The CERN Fitness Club will not be liable for any loss of, theft of or damage to any of your personal property.*

8. Emergency phone number is 74444 (CERN Fire Brigade).

*The phone is located on the top of the router box at the entrance.*

9. Do not take any equipment outside the gym.

10. Respect others.

*Listen to what people ask you and cooperate whenever possible regardless of what they lift / how strong they are.*

11. No food or alcoholic drinks in the gym.

*Water, juice or energy/nutrition drinks are allowed.*

12. If you damage any piece of equipment please contact powerlifting club management

13. The gym is under video surveillance.

*For people and equipment safety purposes.*

14. In case of any abuse in the use of CERN Fitness Club facilities, the CERN Fitness Club may, at its sole discretion, end your right to access CERN Fitness Club facilities and activities at any time, with immediate effect.