



Code of Conduct

This Code of Conduct forms part of the Terms and Conditions of Membership with Te Hā - Human Movements. It is designed to ensure the comfort and enjoyment of our facilities whilst maintaining the highest levels of health and safety for all users, visitors and employees. Failure to abide by this Code may result in the user being asked to leave Human Movement.

Our rules are for the safety and wellbeing of all our members, and our staff - which we take very seriously. Anyone who fails to comply with the rules will result in a verbal warning and/or removal from the gym. Continued abuse of the rules may result in suspension of membership away during your workout.

By using the gym, you agree to abide by the following:

Basic Etiquette

1. **Facilities and Services** - Be considerate and respectful to all members and staff it helps make our gym a safer, more enjoyable place for everyone.
2. **Fitness Equipment** - Please re-rack your weights and return equipment to their appropriate place. No dropping weights, please have a controlled lowering of the equipment to the floor. Allow others to jump in between sets during your rests. Please do not spend excessive time at one piece of equipment which may disrupt other members routine nor reserve machines by leaving personal items on them.
3. **Hygiene** – We recommend using a gym towel every workout before and after you use gym equipment. Do not leave any sweat or saliva on any equipment. You can use the disinfectant spray and wipes at the front counter.
4. **Health and Safety** – Please report incidents and unsafe equipment immediately to staff. You may be asked to pay for equipment you damage through careless use. This premise is smoke, vape and alcohol free. If you feel unwell or dizzy, stop your workout and ask for assistance.
5. **Dress Code** – Appropriate clothing to exercise in is required, wear shoes that cover both the heel and toe and provide adequate protection. Bare feet permitted only in classes that require it (i.e., Pole Jam). Shirts that cover the midriff and torso, shorts that cover the buttocks for duration of your workout are required. No jeans, bare chests or items of clothing that may be offensive or intimidating to others.
6. **Store your belongings** –Store your belongings in the cubbies in the front foyer. Please do not bring valuables to the gym. It's up to you to keep your personal belongings safe, we encourage you to leave your gear in the lockers provided and secured with a lock.
7. **Zero Tolerance** – Behaviour that is offensive, aggressive or makes others feel uncomfortable will not be tolerated. Your membership may be revoked at any time and for any reason, including if, in the reasonable judgment of management and staff, you have acted in a manner contrary to the best interests or safety of the gym or other members.
8. **Prohibited** – Bringing any kind of weapons or drug usage are strictly prohibited within the premises. Sleeping or engaging in any sexual conduct in our locker rooms are strictly prohibited. Use of phones in changing facilities is strictly prohibited.
9. **Complaints** - If you have any concerns or complaints about service, a staff member, or our facility, please speak to reception and we'll put you in touch with the appropriate manager. We may ask you to put your complaint in writing.

Health and Safety

- Please report any health and safety issues in the first instance to the nearest staff member.



- No food is to be consumed in workout areas. Please eat in the dining area at the front.
- Minimum age for use of our gym is 15 years, unless supervised by an approved trainer or support worker.
- No unattended children allowed in the workout area.
- Bring and use your own membership card every visit.
- CCTV is situated throughout the facility to deter unwanted/ criminal behaviour and activities and to ensure our safety.

Fitness Training Equipment

- Be respectful of the space and equipment.
- Return all equipment and weights after use.

Respect for Others

- No photography (including selfies) - We encourage the use of mobile phones for the likes of exercise apps and personal videos. Please don't photograph, film, or otherwise record other members or gym staff without their consent, and the prior consent of management.
- Fitness is not a spectator sport – please respect other members by refraining from staring at them while working out.

Respect for the Facilities and Service

- You are not permitted to train or coach others in our gyms, unless authorised by Management.
- Food and glass water bottles are not permitted in workout areas. Plastic water bottles are encouraged.
- Please respect our equipment by wiping down machines/mats/benches after use and returning free weights to the correct locations. Do not purposely drop free weights or machine stacks.
- Do not throw paper towel or feminine products in the toilets.

Personal Cleanliness

- Avoid attending the gym when you are sick.
- Be respectful and show courtesy to other users by practicing good hygiene in the gym to ensure that your personal hygiene is always up to par. Germs and bacteria can spread quickly in gyms, so it is essential to bathe every day and keep your nails trimmed and clean.
- Keep your cuts and scrapes under wraps. Not only will your open wound spread germs to everyone else, but it also leaves you vulnerable to infections if your scrape happens to encounter germs.
- Make sure to wash your hands thoroughly pre- and immediately post-workout. That means washing your hands for at least twenty seconds with an anti-bacterial soap. If you can't wash your hands, use a sanitizer and re-sanitise every time you finish using a machine or other equipment to limit the spread of germs and bacteria.