# Leichhardt Accommodation Village — Gymnasium Rules (2025)

Effective date: 21 August 2025 | Version: LAV-GYM-R-2025.08

**Applies to:** All guests using the LAV gym and its equipment/facilities (“Gym”).
**Purpose:** To keep the Gym clean, safe, and respectful for everyone.

## 1) Access & Registration

1. Access is for registered LAV guests who have signed the Gymnasium Terms & Conditions and Deed of Disclaimer & Waiver (“Terms”).

2. Entry to the Gym indicates you accept these Rules and agree to follow staff directions at all times.

3. Only the person registered may use the Gym access; no visitors or unregistered users.

## 2) Hygiene & Cleanliness

1. Bring and use a towel; wipe down equipment immediately after use.

2. Return all free weights and accessories to the racks; set machines to zero/lowest when finished.

3. Keep the floor clear—do not leave equipment unattended (trip hazard).

4. Wet/dirty work clothing and muddy boots are not permitted. Remove visible dirt/mud before entry.

5. No food or alcohol in the Gym. Water in a sealed bottle only.

## 3) Dress Code

1. Wear suitable exercise attire and enclosed sports shoes (no thongs, work boots, or steel-caps).

2. For safety, remove loose jewellery and secure long hair.

## 4) Safe Use of Equipment

1. Use equipment as intended and within your ability. If unsure, do not use it.

2. No dropping/throwing weights. Use collars on barbells and control all lifts.

3. Spotters are strongly recommended for heavy lifts.

4. Report damaged or unsafe equipment immediately to the Village Office; stop using it.

5. When the Gym is busy, please limit cardio machines to 30 minutes per person.

## 5) Conduct & Courtesy

1. Respect others. No conduct that creates hazards, nuisance, or discomfort (e.g., yelling, monopolising equipment, leaving sweat/equipment everywhere).

2. Use headphones for personal music. Keep phone calls short and quiet.

3. Bags and large personal items are not permitted on the floor—store safely off walkways.

## 6) Health & Medical

1. Do not use the Gym if you feel unwell, are under the influence of alcohol/illicit drugs, or have a condition that makes exercise unsafe.

2. If you have a medical condition, seek advice from a health professional before using the Gym.

3. Injuries/Incidents: Notify the Village Office immediately so an incident can be recorded and assistance provided.

## 7) Age & Supervision

1. Under 16s are not permitted to enter the Gym.

2. Management may request proof of age at any time.

## 8) Personal Property & Liability

1. You are solely responsible for personal items you bring into the Gym. LAV accepts no responsibility for loss, damage, or theft.

2. Lost property will be held briefly (up to 4 weeks) and then donated.

3. Users are personally liable for wilful damage, theft, or unauthorised removal of gym equipment.

4. Breaches may result in fees and/or revocation of accommodation and Gym access.

## 9) Compliance & Directions

1. Follow all reasonable directions from LAV staff.

2. Observe any posted health and safety measures (including infectious-disease control requirements) as updated from time to time.

3. LAV may refuse entry, require you to leave, or cancel access where Rules/Terms are breached.

## 10) Emergencies

1. In an emergency: stop exercise and assist only if safe.

2. Call 000 and then notify the Village Office.

3. Use first-aid supplies/AED if trained and available.

4. Keep exits and emergency equipment clear at all times.

## 11) CCTV & Security

1. CCTV operates in this Gym for safety and security.

2. Tampering with, covering, or interfering with CCTV is strictly prohibited and may result in disciplinary action or cancellation of access.

## 12) Changes

1. LAV may amend these Rules or the Terms at any time. Current versions are posted/available from the Village Office.