AUTHOR

KING'S CROSS

INTRODUCTION:

- Author Kings's Cross is designed for the use of registered residence living in Author Kings Cross only.
- All residents are required to sign the Terms & Conditions of use for the gym.

GENERAL TERMS & CONDITIONS OF USE:

1. Use of the Gymnasium:

1.1. Residents use the gym entirely at your/their own risk and the Company accepts no liability for any personal injury or death caused as a result. We do not accept responsibility for personal items left in the gym.

1.2. Our Concierge are not qualified Fitness Instructors nor medically qualified to give advice on use of equipment. It is your/ their sole responsibility to consult a medical and/or fitness practitioner before using the gym.

1.3. The Company does not supervise residents during the use of the gym. Residents take responsibility for having sufficient knowledge of the proper use of the equipment and for using the equipment in accordance with instructions displayed in the gym/on machines and signage thereafter.

1.4. Residents may not bring, use or be under the influence of alcohol/illegal drugs whilst using the gym and may not bring any intoxicating liquor into the gym.

1.5. No children below the ages of 16 are permitted to use the gym. Persons between the ages of 16-18 years of age need to be accompanied by an adult of 18 years and above.

1.6. Residents must conduct themselves in a quiet and well-mannered fashion that will not disturb or impede the enjoyment of the gym for any other person. Foul, loud or abusive language, or harassment of other residents will not be tolerated.

1.7. Pets: (other than guide dogs) are not permitted into the gym.

1.8. Residents must not take any photographs or movie shots in the gym that contain images of other residents.

1.9. Personal music and telephone conversations should be conducted at an appropriate level, so that they are not heard by or disturbing to other residents.

1.10. The air conditioning, ambient temperature and lighting is set by the company for the general comfort of all residents and represents agreed industry standard levels. Adjustments: may only be made by a Company employee.

1.11. Under no circumstances should any property (other than residents own personal items) be removed from or added to the facilities premises. Removal of items will be considered as theft and reported to the police.

1.12. Any items left in the facility will be deemed lost property. Lost property will be held in concierge for up to 3 months and thereafter may be disposed of at the discretion of the Company.

2. Gymnasium & Personal Training: Required Etiquette

2.1 Residents must wear correct/appropriate exercise attire and footwear on the gym equipment.

2.2 Do not wear muddy trainers on the gymnasium equipment or on the fitness matting that you may use for outdoor running without first cleaning them thoroughly.

2.3 Replace the free weights & loose equipment on the stands provided after use.

2.4 During the unlikely event that all the cardiovascular equipment is being used please be mindful of other users and limit cardiovascular training to 30 minutes.

2.5 Do not use your mobile telephone near other users.

2.6 You must seek permission from the Management in advance should you wish your Personal Trainer (PT) to accompany you and the same rules of use apply to a PT.

2.7 Whilst working with a PT in the gym please be respectful of other users' space and comfort.

2.8 We check and inspect all our equipment regularly. However, if you experience a malfunction of equipment please inform the concierge team so that we can ensure a speedy recovery.

Your safety: Being more active by using the gym provided, is safe for most people. However, we would ask that anyone with any concerns on whether they should be undertaking physical activity please be assessed by their doctor. Please review the statements below and consider each one honestly. Common sense is your best guide. If you are between the ages of 18 and 65 and answer yes to any of the below statements, you should check with your doctor before you start. If you are over 65 years of age, and you are not used to being very active, you will need to check with your doctor first.

All Gym users are solely responsible for consulting their doctor if they have any doubts regarding their suitability for exercise or the partaking of heat experiences, particularly if there is any history of past or present illness.

- *Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?*
- *Do you feel pain in your chest when you do physical activity or in the past month, have you had chest pain when you were not doing physical activity?*
- *Do you lose your balance because of dizziness or do you ever lose consciousness?*
- *Do you have a bone or joint problem that could be made worse by your physical activity?*
- *Is your doctor currently prescribing drugs for your blood pressure or heart condition?*
- *You have generally felt unwell over the last few months and seen a change in your physical health?*

You should also refrain from exercise on a temporary basis if any of the below apply to you:

- *You are not feeling well because of a temporary illness such as a cold or a fever- wait until you feel better.*
- *You are under the influence of alcohol and or any form of medication or recreational drugs.*
- *You are or may be pregnant – talk to your doctor if you are unused to being active.*

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Upon signing this document, I am confirming that I have received, read and understood the terms and conditions for the use of Author Residences Gym facilities.

I also agree that I will seek permission from the Management should I wish to have a Personal Trainer/Specialist accompany me. I take full responsibility to ensure that they abide by the terms & conditions of use.