

## Martlesham Leisure Club Rules

- In line with the Government guidelines, Face Coverings must be worn in all areas of the club. They can be removed once you have entered either Class Studios/Gym/Squash Court and whilst eating or drinking.
- Adhere to the 'one way' system around the Club.
- Use the Anti-bac gel supplied in the Lobby Area.
- Members must log themselves in to the Club using the unique bar-code fob upon every visit. You are not required to log out.
- All Guests and Contractors must sign into the Club in our Visitor Book.
- Use of your mobile telephone for photography is not permitted in the changing room(s), gym, wet area, or class studios.
- Adults/parent/carer are responsible for the safety and well-being of all children 13 years and under.
- Guests can be 'signed in' with a member that are 16 years or older.
- Gym and Class users must be 14 years or older.
- Sweat Towels, whilst working out, are not currently allowed.
- We ask that you do not sit on the fabric chairs in your gym kit after working out.
- Smoking, including e-cigarettes is strictly prohibited in all areas of the club.
- To be courteous and respectful to all members whilst in the Club.

## Booking of Facilities on-line

- All facilities we offer are to be booked on-line via our ClubLink App prior to you entering the booking.
- Please inform Reception if you arrive more than 30 minutes before your booked session and if you have booked more than 1 class/session.
- Regular No-Shows may result in a 'ban on booking'. You will receive a phone call prior to this happening.
- Only 1, 30-minute, swimming session can be booked per day, per person.
- Cancellation of all classes, pool sessions and gym can be made on-line up to 2 hours prior to commencement. Thereafter, you should contact Martlesham Leisure direct. However, we would appreciate as much notice of cancellation as possible to allow us to offer the place to another member.

## Personal Details

- Changes in your personal details should be notified in writing or via email as soon as possible. Email address [memberships@martleshamleisure.co.uk](mailto:memberships@martleshamleisure.co.uk)

- We require all members to have their photograph taken. This information is only visible by Club staff.

## **Gym**

- A gym induction and health check must be carried out on all new members and regular updates for existing members.
- All members using the Gym must adhere to the Dress Code and Etiquette. Further information is available on the Gym Noticeboard.

## **Swimming Pool**

- Please shower before using any facility within this area.
- Parents and Guardians are responsible for their children at all times.
- Additional requirements as to pool etiquette can be found within this area.

## **Squash**

- Due to current Government guidelines, courts can only be used for single use training or households playing together.
- 1-1 Coaching is permitted with Club Coach.
- Black soled shoes are not to be worn on court.
- All other information and rules can be found on the noticeboard by the squash courts, Ground Floor Corridor

## **Classes**

Classes will currently take place either outside at Martlesham Leisure or via Zoom

## **Food and drinks**

- Food and drink cannot be currently consumed within the club.
- Takeaway options available and we have an outside area available, table service provided.

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