



## ATU Donegal Gym Protocol

Please adhere to the following:

- Scan your student or membership card at the Sports Centre reception on each visit.
- For hygiene reasons, we ask users to bring a hand towel to the gym for personal use.
- It is necessary to do a gym induction before first using the gym. Please book this at reception or by e-mail (see bottom of this page).
- Appropriate gym clothing and footwear should be worn.
- Bags are not permitted in the gym, use shelves and lockers provided.
- It is advised not to bring valuables to the sport centre. Use lockers as necessary.
- Clean-as-you-go! Help us to keep your gym fresh and clean.  
Cleaning sprays and wipes are available in the gym to wipe down the equipment, including bars and dumbbells, before and after each use.
- Do not drop weights on the gym floor or on the balcony. Place/replace them carefully between uses and afterwards.
- Please respect and assist other gym users, exercise common courtesy.
- Please do not 'hog', or over occupy, the equipment.
- Use of illegal drugs or alcohol is prohibited in the Sport Centre. Those under the influence of these substances may not use the facilities.
- No loitering in the gym. The gym is for exercisers only.

**\*Photography or videoing is strictly prohibited in the gym and in all facilities\*.**