

Code Of Conduct

As a user of Leisure and Culture Dundee's fitness services, we ask that you adhere to our code of conduct and help set the standards for etiquette in and around our facilities.

Gym access and use

1. We strongly recommend that all users book a free Member Session with one of our qualified fitness instructors on joining or anytime required thereafter. This can be used as a comprehensive induction to instruct on the safe use of the gym equipment or can act as a refresher session. These sessions can be booked via the Leisureactive app, through our CONNECT online booking site or by contacting respective centres directly.
2. Youth Inductions are compulsory for all 14-15-year-olds and Juvenile Inductions (whereby child is accompanied by an adult) for all 12-13-year-olds before they can use our gyms. Inductions can be booked via the Leisureactive app, through our CONNECT online booking site or by contacting respective centres directly.
3. Appropriate, comfortable gym attire should be worn when exercising. Clothing such as jeans, sandals, flip-flops, slip-on shoes and boots are not permitted. Non-marking soles must be worn in all activity areas.
4. You must only use equipment which you are competent to use. Instructions are displayed on most pieces of kit which can be used as a refresher, however we would encourage users to approach our fitness team for further guidance if there are any doubts.
5. Please be mindful of, and respectful to other users by limiting the amount of time spent on each piece of equipment at any given time. This includes limiting the amount of time spent between sets on equipment, particularly during peak times.
6. Fitness equipment must not be modified or used in a manner other than for which it is intended.
7. Free-weights must only be used in designated areas and in a controlled manner.
8. All fitness equipment should be returned to its original location after use.
9. To maintain high levels of cleanliness and hygiene users should wipe down equipment - using spray and wipes provided - after use. Additionally, we actively encourage users to wipe down equipment prior to use.
10. Users must conduct themselves appropriately at all times and treat others with respect and courtesy. Abusive, anti-social, disorderly and aggressive behaviour towards other users or staff will not be tolerated.

11. Whilst the use of mobile recording devices is permitted within our gyms, please be respectful of other users' right to privacy. Permissions should be sought of any other users who may be in shot of recordings. Any recordings that are being made and subsequently posted to social media accounts should not name or shame any other user.

Personal Safety/Medical

1. Users must familiarise themselves with our Health Commitment Statement which is displayed throughout reception, changing rooms and all fitness areas.
2. You must not engage with physical activity if you are knowingly medically unfit.
3. If there are any changes to your health profile throughout your engagement with fitness programmes, we strongly advise that you consult with a member of our fitness team or consult with your medical professional before continuing.
4. Access will not be permitted to anyone thought to be under the influence of alcohol, narcotics, medications, or any other substances which may impede your ability to exercise in a safe manner.
5. Where any damage; or suspected damage to fitness equipment is identified, we ask that this is reported to a member of facility staff at the earliest opportunity. Members should not attempt to do any repairs themselves.

Personal Belongings/Lost property

1. Drinks must be contained within non-breakable containers; glass containers are not permitted within our facilities.
2. For safety reasons bags are not permitted within the Gym or Studio spaces.
3. Users are solely responsible for their personal belongings. Leisure and Culture Dundee accept no responsibility for any loss or damage to personal property.
4. No personal fitness equipment should be brought into Leisure and Culture Dundee facilities without obtaining prior consent from facility management.
5. All found property will be held in accordance with Leisure and Culture Dundee's Lost Property Policy and stored on site at reception for the duration.