

## GET GYM READY

### 1. DOWNLOAD THE APP

Get the Leisureactive app [HERE](#). Log in with your account details, add and choose from all our centres and go to the Teen Fitness button for the timetable, bookings, inductions and more



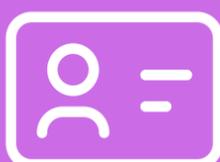
### 2. BEFORE YOU HIT THE GYM

#### Attend an Induction



Book a Youth (14-15) or Juvenile (12-13) Induction via the Teen Summer Fitness Pass button on the app.

#### Verify your age



Bring one of the following proof of your age to your induction: NEC/Young Scot Card, passport, birth certificate, driving or provisional license. Alternatively show it at reception at your first visit.

#### Complete a PAR-Q



Click [HERE](#) to complete the electronic PAR-Q (and have it signed of by a parent/guardian). Only required if you are 14-15.

(You won't be able to access our gyms until all these steps are complete)

### 3. WHEN YOU ARRIVE FOR YOUR FIRST WORKOUT

#### Collect your card



Visit reception on your first visit to collect your membership card. Just give our friendly staff your name or ID. Use this card to swipe in for every visit after that

#### Get your photo taken



Our staff will ask to snap a quick pic of you. Don't worry - this is only visible to us and is for security in case someone tries to impersonate you!

#### Get facility familiar



If it's your first time in a particular centre or gym, please ask someone to show you where you're going. Our staff are always happy to help.

### 4. WORKOUT ESSENTIALS

#### Your workout fit



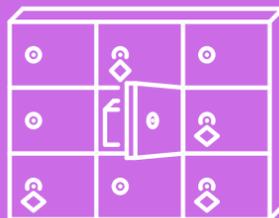
Wear something comfy and appropriate for exercise. Make sure you have trainers on and your smart watch charged ready to record your workout!

#### Your tunes



Curate a killer gym playlist and remember your headphones or earbuds so you can turn it up without disturbing other members

#### Stash your stuff



Keep all your belongings safe. No bags allowed on the gym floor, but all you need is a £1 coin or token for a locker

#### Drink up



Hydration is key! Bring your re-useable water bottle and fill up at one of our water fountains. Just don't pour your protein down them please!

### 5. GYM ETIQUETTE

#### Keep it clean



No-one wants to use sweaty equipment after someone else. Use the spray bottles and blue paper rolls provided to wipe down whatever you've just used

#### Phone zone



We know your phone goes everywhere with you but be considerate of others. If you're snapping a selfie make sure there's no-one else in frame and please no photography in changing areas and bathrooms

#### Small squad goals



Some of our gyms are on the smaller side, so make a plan to sync up with your full squad after your workout. Be mindful of your time on the machines and in-demand bits of kit too