

TR Sports gym membership Rules and Regulations

1. General

- General Members must always observe the Rules and Regulations. TR Sports Gym reserves the right to amend these rules and increase fees at any time and with 1 Months' notice.
- The Centre may withdraw all or part of the facilities for any period when required for any repairs or maintenance work. If an area was affected refunds would be considered.
- The Centre reserves the right to vary the opening times of the facilities.

2. All Members

- Must complete a PARQ questionnaire and induction before commencing any activity in the facilities.
- Upon completion, all members should sign in on arrival at the gym, specifying which area you are using.
- After receiving your gym induction, you must inform the members of staff if you need any further support, and we will help you out until you are confident.
- Staff can offer you an exercise program. If you are unsure whether you can cope with a workout, please seek a GP note before commencement.

3. Gymnasium

- Individuals under 18 must adhere to these rules and additional rules for use of the facility under our Teen Gym usage policy.

4. Exercise classes

- Individuals under 16 years are not permitted to attend classes.
- Studio cycling classes can be booked up to 7 days in advance.

5. Health Suite

- Members must read the health and safety document located outside the health suite area.
- You must always wear proper swimming attire; this is a communal area for both males and females.
- Members must shower before and after using the health suite.
- Shaving is not permitted in this area.
- Eating is not permitted in this area.
- This area is turned off 15 minutes prior to closing time.
- Students and individuals under 18 years old are not permitted in the health suite.

6. Car Parking

- Car parking is available for students, gym users and those participating in a rental (artificial grass or sports hall bookings) in the bays provided.
- Members Park at their own risk, TR Sports is not liable for any damage, accidents, or loss.
- The site has a speed limit of 5MPH.
- Front gates to the centre are accessible by a barrier access system. When these are in use during our public or student opening times you may require a code or card to enter.
- Disabled parking is available, blue permits must be displayed.

7. Dress Codes

- Appropriate footwear should be always worn.
- Boots, heeled shoes, pumps, and flip flops are not permitted in the gym, customers are advised to wear trainers.
- Appropriate training clothing must be worn while training within the facilities. Jeans, dresses, chinos, shirt, and tie is not permitted in the gym.

8. Smoking

- Smoking/ vapes is not permitted on site.

9. Changing rooms & Lockers

- Changing rooms and lockers are not available for individuals under 16.
- For security reasons, lockers should be used for all personal belongings, these can be found inside the changing rooms or to the entrance of the gym.

- Lockers are provided for the duration of your visit, items left overnight will be removed the following day and will be kept at reception.
- Any lost property found will be available for collection at reception. After one-month items will be disposed of.
- All changing areas and the spa room require a passcode to enter, these can be redeemed at reception.
- Just to reiterate point 5 this area is not for under 18 years old.

10. Liability

- TRSports is not liable for any theft, loss or damage, unless this has occurred due to negligence of TRSport staff.
- All members use the centre at their own risk. TRSports cannot accept liability for any accident that may occur on the premises or within the grounds of the gym except for those accidents occurring as a direct result of a negligent act or omission by TRSports equipment or employee.
- TRSports reserve the right to refuse admittance to a member who is medically unfit. All members are required to inform the centre of any changes in health status.

11. Members Conduct

- Members who wilfully or negligently cause damage to the centre facilities or equipment will be liable for the cost of repair. We operate a Zero Tolerance Policy; Disorderly, rude, abusive, or offensive behaviour to staff, instructors, contractors, or other members may result in termination of membership.
- The gymnasium is a communal area; therefore, any antisocial behaviour will not be tolerated. This may include inappropriate photography, vandalism, theft, littering, use of abusive language, nudity, inappropriate use of equipment. Using the facilities under the influence of drugs or alcohol is forbidden.
- Any dispute will be taken up with the management whose decision will be final.

12. Termination of Membership

The management reserve the right to terminate the membership of any member. This shall be:

- Without notice in the event of a member committing a serious breach of the Rules and Regulations.
- Under no circumstances will refunds be given to members whose memberships are terminated.
- As we are a college gym, safeguarding is our upmost focus to protect all our U18 gym members. Any issues in relation to this will be met with the strongest action.
- Any TRC student outside 14 days of starting their membership and leaves college will get their discounted membership permanently suspended.

Opening times and memberships:

We have several types of memberships which are available. A one-off session, monthly pay over the counter, monthly standing order or pay for a year.

Gym Membership

All memberships for 18+ members include the gym use, exercise classes, steam/sauna room and changing rooms. Opening times: Mon- Thurs 5.00pm- 9pm, Fri 3.00pm- 8pm, Saturday and Sundays 9.00am - 2.00pm, additional openings are available over some college half terms subject to staffing availability.

Pay as you go one session:

When paying for a session, you get all the above for that day you make payment 18+ years old.

Month to month:

All of the above for 30 calendar days from the day you join, if there is a bank holiday in the period this will be added onto your 30 day term.

Monthly standing order:

You get access to all of the above. You must pay for one month up front in person over the counter, after which you agree to set up a monthly payment starting from 30 calendar days after your first payment each month. If you fail to make a payment your membership will be cancelled after your 30 days have been completed.

Yearly payment:

You get access to all the above and must pay one fee which will last for 365 days.

All memberships will get any bank holiday closures added to their membership end date whether monthly or yearly memberships.

TRC Students Gym membership; 16- 18 Years

All students must gain parental consent prior to use of the gym, so we need a parent's email address and the agreement form completed. TRC Students will gain access to the gym at this point and be able to use the gym, exercise classes and changing area. (The spa area is not for student use and any student found accessing this area will risk permanent suspension of the gym).

Membership is a one-off yearly payment running from 1st August- 31st July, no matter when you join this is the period in which your membership operates.

Opening times are Mon- Thurs 9am-9pm, Friday 9am- 8pm, Saturday and Sunday 9am- 2pm.

Note that the gym will be closed during college times. We try to keep this to a minimum, days and dates are advertised to students.

Non-college students 16-17 years old

Anyone within this age bracket that is not a student at the college can gain membership. However parental consent must be obtained in person prior to use. We do not accept signup from an email address given by a non-student 16-17 years old. Nonstudents 16-17years old will get access to the gym, changing area and exercise classes only and will not be able to access the spa area. (The spa area is not for student use and any student found accessing this area will risk permanent suspension of the gym).

Membership is on a monthly or yearly basis as per the public pricing.

Opening times are Mon- Thurs 5pm- 9pm, Friday 3pm-8pm, Saturday and Sunday 9am-2pm

Teen Gym Membership 12-15 years old

We are open to anyone attending schools at 12-15 years old however you must be in attendance with a parent or guardian who is or becomes a member of the gym. Teen Gym members can sign up to a membership in person only with forms completed by a parent or guardian. (Under no circumstances should you train alone without parents' supervision) Please follow our teen gym, Policy <https://www.trc.ac.uk/wp-content/uploads/sites/3/2023/08/Teen-Gym-Policy-23-24.pdf>

Opening times are Mon- Thurs 5pm- 9pm, Friday 3pm-8pm, Saturday and Sunday 9am-2pm