

General terms and conditions

Gym and Fitness

Definitions

“SS” means Solent Sport

“SSU” means Southampton Solent University

“Member” means the person named on the membership form

“EPT” means East Park terrace - sports hall 3 / RM 319 / RMG 15

“St M” means St Marys – Sports halls 1 and 2 and Activity Room

“Contract” means the membership period

The headings in these terms are for convenience and shall not affect their interpretation

3 Membership

3.1) All new Silver and Gold members are required to book an induction before they are permitted to use their membership in the Gym. Members with previous experience using equipment at other gyms will still be expected to take part in an induction but it will be tailored to the individuals experience and good practice and combined with SS requirements and good practice. Inductions are free of charge and can be booked via the telephone or at any sports facility reception

3.2) Proof of identity (SSU staff card) may be asked for at the time of purchase of the membership, at the time of booking or upon entry.

3.3) Under no circumstances must the membership be used by anyone other than the member. This will result in the membership being withdrawn. Membership is strictly non-transferable and cannot be frozen, suspended or sold to a third party.

3.4) SS reserves the right to close the facilities and fitness suites or withdraw any activity, facility or programme without notice should it be due to unforeseen circumstances or poor attendance, or to adjust the hours of opening for the purpose of maintenance, decoration, repair or other legitimate business of the university

4 Conduct

4.1) Members shall not abuse the equipment, facilities or staff of the university

4.2) /any Damage to SS property shall be paid for in full by any member who wilfully or negligently causes such damage

4.3) Disorderly, rude or offensive behaviour will result in refusal of entry into SS Facilities

4.4) No member shall bring intoxicating liquor or drugs into the facilities or attempt to use the facilities whilst under the influence of alcohol, narcotics or other mood altering substances

4.5 Members use the facilities at their own risk, SSU does not accept responsibility for any harm or injury to any customer unless caused by agents of the university.

5 Physical condition

5.1) The member shall not use any of SS facilities whilst suffering from any infectious illness, disease or ailments (such as open cuts), or where there is a risk that use of the facilities may be detrimental to the health, safety or comfort of all members.

5.2) The member will be required to complete a PARQ form before commencement of their Induction and declare that they are fit and well enough to take part in physical activity.

6 Dress

6.1) Appropriate clean clothing / training wear should be worn when taking part in any type of physical activity. E.G Trainers, T-shirt and Leggings / shorts, water bottle and sweat towel. Clothing such as Denim, flip-flops, sandals, bare feet or loose clothing are not permitted.

7 Limitation of Liability

In consideration of SSU offering use of the sports and fitness facilities, members agree that neither SSU nor its employees shall be liable for any loss, damage or theft of any property belonging to, or brought onto the premises by a member, occurring within the facilities unless caused by negligence of SSU management, employees or agents.

8 Reservations / bookings

8.1) Reservations for classes can be made up to 8 days in advance

8.2) A minimum of 24 hours' notice is required to cancel a booking. SS reserves the right to refuse bookings from customers who consistently fail to honour appointments.