

GYM ETIQUETTE

Return Weights After Use

Failing to return weights back to the rack after finishing an exercise is one of the most common mistakes people make at a gym. People can end up tripping on the weights that are left unattended on the floor. When you finish using a pair of dumbbells or when you remove a weight plate from a barbell, you should make sure you return the weight back to their proper place on the rack

Shared Equipment

Sharing equipment is very important when working out at a gym. If people are waiting to use a machine, you should avoid sitting on the machine while resting between sets. If you are waiting to use a machine, do not hover over the person currently using the machine. If the gym is very busy, you may want to ask another member to 'work in' with you - this means taking turns using the machine while the other is resting.

Do Not Drop or Slam Weights

As part of an effort to exercise safely, you should gently lower the weight down after each exercise. Dropping or slamming the weight down is not only noisy and bad for the equipment, but it is also a potentially dangerous behaviour.

Wipe Down Equipment

As common courtesy you should always wipe your sweat off all equipment, including machines and exercise mats, once you are finished using them. Most gyms provide towels and disinfectant sprays for this purpose. If not, use your own towel for wiping down the equipment.

Cardiovascular Equipment

To make it fair to everyone exercising, your gym may require people to sign up before using popular cardiovascular equipment such as treadmills and bikes. Make sure you check the sign up sheet before hopping on to an available machine, especially when your gym is very busy some gyms limit the time each person can use a machine. When a lot of people are waiting, you should avoid staying on a machine for more than 20 minutes.

Wear Appropriate Clothing

Make sure you wear clothing that is comfortable and breathable, you should also make sure you wear clean clothing and avoid using strong Perfume or Aftershave when working out. For safety reasons, you should wear proper footwear, such as a good pair of running shoes.

Do not carry around your Gym Bag

You should use a locker to store your gym bag. Do not bring your gym bag to the exercise area. Since most gyms have limited space between machines, placing your gym bag on the floor can take up valuable floor space and present a potential hazard to other people exercising.



Do not monopolise the Drinking Fountain

Be considerate of other gym members when using the drinking fountain. When people are lined up to use the drinking fountain, do not stand at the fountain while trying to catch your breath or choose this time to fill up your water bottle.

Locker Room Etiquette

You should do your part to keep all areas of the locker room clean. Avoid cluttering an entire counter with your grooming products or dumping the contents of your bag on a bench. When using the shower, do not take extra long showers especially when people are waiting to use the facilities. After a shower, make sure you take all your belongings with you such as your shampoo bottle, soap and razor. Bath sized towels must be used in steam rooms for sitting on due to **Health Regulations**. Also, no shaving in steam room please.

Keep Noise to a minimum

When working out at a gym, you should avoid making loud noises. Loud groaning or banging weights may distract other gym members from their exercise. When you are working out with friends, try to keep the volume of your conversation to a minimum to avoid annoying other gym members. Loud constant swearing is an absolute NO NO!

