

Let's work together to make our gym friendly, inclusive and welcoming for everyone. We can all have a great workout and return home safe and sound.

Quick Tips for being a Gym Legend

- Wear your gym shoes
- Bring and use a gym towel for every workout
- Bring and use your own membership card every visit.
- Wear appropriate gym attire (shirts and shorts must be worn at all times)
- Be respectful and show courtesy to other users
- Be respectful of the space and equipment



Locations



Opening hours

Monday – Friday: 6am – 9pm

Saturday / Sunday: 9am – 5pm

Hours may vary on Public Holidays and over the Christmas/
New Year period. See our website.

Contact information

Phone: +64 3 369 2433

Email: reccentre@canterbury.ac.nz

Website: www.canterbury.ac.nz/ucreccentre/


Physical address: 22 Kirkwood Ave, Ilam, Christchurch

Stay in touch

Follow us on socials for the latest updates, health tips and notifications of promotions and events.

 www.facebook.com/UCRecCentre

 www.youtube.com/user/UCSport

 [ucrecsport](https://www.instagram.com/ucrecsport)

UC Rec & Sport App

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Apple



Android

Gym Rules and Etiquette 2022



Gym User Guide



**Te Ratonga Hākinakina
Rec & Sport**

Be a Gym Legend

Thanks for joining us. As part of our Rec & Sport community, your health and safety is important to us. We kindly ask that you practice good gym etiquette, so we can all have a great time, and you can return home safe and sound.



Gym Etiquette Basics

You'll find that these rules are common to almost all gyms around the world, so learn the basics of being a gym legend with us:

- 1 Wear shoes**

Shoes must cover both heel and toe and provide adequate protection. We don't want you to trip, or have a heavy weight drop on your foot. We also want you to keep your foot sweat in your socks, because this is one time we don't want to share!

There are some exceptions – you may remove your shoes in Pilates/ Yoga classes, the Zen Zone, Boxing Area and Stretching Mezzanine. If you do, please ensure you spray and wipe down everything you tread on with the cleaners and cloths provided. If you're not sure, ask a staff member or look for some signage.
- 2 Use a gym towel every workout**

Use your towel to wipe down equipment after use, or provide a barrier between you and the equipment. Bring your own or rent one of ours at reception.
- 3 Dress Code**

Shirts that cover the midriff and torso, and shorts that cover the buttocks for the duration of your workout are required. No jeans either please. We want to minimise sharing of sweat for health reasons. It's also about sustainability – sweat and metal details on jeans accelerate damage to equipment (especially vinyls).

- 4 No dropping weights**

Lifting weights up and down is great but try not to let go of them. Have a *controlled* lowering of the equipment to the floor and NO DROPPING from above the knees. Having respect for the equipment goes a long way. Especially in preserving the equipment and not breaking the floor below. (Small exception of this rule is in K1 however the dropping is controlled). If you're still confused talk to our staff.
- 5 Store your belongings**

The gym space can be crowded at times and having your bags, phones, or keys on the floor can create a tripping hazard. Let us keep the space clear and store your belongings in the free lockers or cubby holes provided. You can bring your own lock or you can borrow one of ours for free.
- 6 Clean up and put it away**

This is your space to use, keep it clean. Putting your weights back in its proper space is a common courtesy and it will save you and your peer's time. All ways remember to wipe down your equipment after use as no one wants to be swimming in your sweat.
- 7 Sharing is Caring**

Make a friend, allow others to jump in between your sets during your rest. Remember to ask politely at the end of their set if you can work in. As well try not to hold onto multiple machines to yourself, if your programme requires it utilise our off peak times.

The Unwritten Etiquette Laws

These are the rules that most gyms don't have written down but they are just as important. To save you some time and embarrassment from learning these unwritten laws, we have them written down below.

Be social, but not too social

Talking may be one of the reasons why your workouts extend out into overtime. An effective workout doesn't require a 40 minute conversation with John or Jane Doe. If you need to have that conversation take it out of the workout area or set up a time to meet.

Don't block the mirror

Avoid blocking the viewing space of another gym goer whilst they are exercising. They are trying to "watch their form" and blocking their view may provoke unwanted conversations.

Don't hog all the weights

Imagine, coming into the gym, excited to use the weights, but there are none to be seen. One person has all the weights stacked around them. This is not a fun situation to be in. Remember sharing is the best as this is a shared space, if you need to do a drop set then use the off peak times when there are less people around.

Be your own trainer, not someone else's

Don't go out of your way to correct someone's form (unless it is a health & safety hazard). There may be reasons you don't know about that may have them doing this. If you feel like you need to assist but do not want to approach them, talk to one of our staff members for assistance.

Headphones in = leave alone

The person may love music or they want to be left alone. The gym is an area where some people go to get away from the world and take some personal time. If you see someone with their headphones on, assume they do not want to talk.

Items on or near the equipment

We can't reserve equipment for ourselves, this isn't a beach club. You're welcome to leave your towel on the bench while you grab a drink, but it's not ok to reserve kit whilst you use something else. We always work in. If you notice an item with no-one obviously owning it, it may have been forgotten. You can hand this in to reception.

Scrub-a-dub-dub

Fresh sweat is ok, it shows you're working hard for your dreams. Stale, unwashed sweat before you even warm-up is just bad manners. No-one appreciates it. Do a sniff test on yourself before leaving home.

UC Rec & Sport local etiquette

These additional rules are also in play at UC Rec & Sport facilities (K1 and RecCentre), but might not be as common in other gyms. Our rules are here to support your privacy, inclusivity, and UC's commitment to equity and diversity.

- 8 No photography (including selfies)**

No-one wants to be on a 'gym fail' youtube video! To help out with that, we have a strict no photography or filming policy to protect the privacy of all users. If unauthorised filming/photography is discovered, we may ask you to remove it from public platforms, and have the right to suspend or terminate your membership.
- 9 Respect the workout space**

We have multiple rooms in the facility that have their own atmospheres and caters for different types of training. Respect the rules of the area by reading the signage before entering or using the area. If you need help please seek one of our staff members for assistance.
- 10 Fitness is not a spectator sport**

Keep your eyes in your own lane. Please watch your own form and no one else's. Have your comments, volume, and language choices in check as this is a shared space.