

# Olofshöjd Gym: Rules

1. You must be a member of the gym to enter and use the facility. This is not a gathering area for groups of people or friends, so please only enter the gym if you are a current member and reusing the equipment for exercise.
2. You are NOT allowed to take anything out of the gym. Remember: This is your own gym and it is everyone's responsibility to take care of it.
3. Re-rack weights and return all other equipment and accessories to their proper locations.
4. Proper workout attire is mandatory, i.e. Gym shoes and shirts (no street clothes or shoes).
5. The gym is not staffed. Please use caution when exercising.
6. Wipe down cardio machines after use.
7. Do not slam equipment such as dumbbells and plate loaded. Put the equipment carefully.
8. Replace consumed items i.e. off lamps, finished liquid soap etc. with new ones which are available in the closet.
9. If you found a lost item, put it in the lost item box in the closet (if is not of high value), otherwise take it with you and inform the gym responsible or post in the Facebook group with general description.
10. If you are the last person leaving the gym, make sure that the windows are closed and music and lights are off.

\*Please report any unusual condition with machines/equipment on the Facebook page or to [olofshojdgym@gmail.com](mailto:olofshojdgym@gmail.com)