Staying Safe During Unstaffed Hours

Your safety is our priority, even when staff aren't physically present on the gym floor. Please take a moment to familiarise yourself with the guidelines below so you can train confidently and responsibly.

✅ Before You Start

- **Check that you are in good health.** If you're feeling unwell, recovering from injury or illness, or unsure about a condition you have, it's best to get medical or professional advice before training alone.
- **Ensure you know how to use the equipment.** If you are uncertain about how a machine, weight or exercise works, ask a trainer when they are available. Training solo without a full understanding increases risk.

🧭 Know Your Surroundings

- Familiarise yourself with the layout: entrances/exits, emergency help points, first-aid kit(s) and the automated external defibrillator (AED).
- If the gym is unstaffed, these key safety stations remain active, ensure you know where they are located.

👥 Train Smart

- If possible, train with a friend or workout buddy, having someone nearby makes training safer and more enjoyable.
- If you're training solo, keep to familiar zones of the gym and stay aware of your surroundings.

📣 If Something Happens - Ask For Help

- Even though there may not be staff physically on the floor, we have a remote monitoring system in place (e.g., CCTV, emergency call points). Use the **emergency help point(s)** in the gym if you feel unwell, hurt yourself, or notice something unsafe.
- Do not hesitate to use the help point, our remote team will assist and escalate to emergency services if needed.

🕑 Additional Considerations

- When training later or during unsupervised hours, consider mitigating risk by choosing safer exercises:
    - Use machines rather than free weights if you are alone and unsure.
    - Avoid maximal lifts, complicated barbell manoeuvres or exercises where spotting is required if no one is around.
- Ensure your phone is accessible and charged in case you need to call for help.

📌 Summary

By following these simple steps, being fit to train, knowing the equipment and environment, training smartly, and knowing how to ask for help, you'll be in the best possible position to have a safe and productive workout, even during unstaffed hours.

Contact us if you have any questions or concerns about training when staff aren't physically on-site.
Thank you for choosing us, and for looking after yourself.