**Rules & Regulations**

1. **Children's Access:**
   - Children between 6 months - 7 years will be cared for in our Children's Access:
   - An access tag will be issued to you when you join. Junior members must have their own access tag.
   - May not have their photograph taken for the access tag.
   - Every time you enter our Clubs please use your access tag.
   - May not bring alcohol or drugs into our Clubs.
   - May not bring any photographic or video equipment.
   - Pets (other than guide dogs) are not permitted.
   - Please take note of the operating hours displayed at each Club.
   - Parking is only for members & guests while using Club facilities.

2. **Children's Access Age Restrictions:**
   - Children under the age of 8 years may not use any equipment in the Club.
   - Adult members take preference over junior members at all times with regards to the use of all equipment & facilities.
   - Children between the age of 13 & 18 years, will have free access to the Club provided that their parents/guardians are members, good standing & payments are current. The membership type of a dependant will be based on the membership type of the parent(s). The membership type of a dependant will be given on a part-time basis, after which a new access tag will be issued at the going rate.
   - Junior members using Planet Kids are required to observe the Clubs' rules.
   - Junior members may not stay in the Planet Kids facility longer than 5 minutes.
   - Pet guardians must sign their children into Planet Kids, if in the opinion of our staff, the child is upset, ill or disruptive.

3. **Behaviour In Our Clubs:**
   - Behaviour In Our Clubs:
   - Ensure that the belt has come to a complete stop before stepping down, & if you wish, return for another brief stay.
   - Sit on a towel when using the sauna or steam room;
   - Shower before entering the pool, wear a swimming cap & that the Company equipment & facilities will, furthermore, be utilized in an appropriate programme or class led by a Planet Fitness recognized fitness professional.

4. **Personal Training:**
   - May use all cardiovascular equipment except treadmills. This policy covers you for loss of personal effects. We do not accept responsibility for any loss or theft of money or loss or damage to personal property of their guests whether locked in a locker or otherwise.
   - Do not leave your belongings unattended in the change rooms or anywhere else in the Club as we do not accept responsibility for any loss or theft of personal property of their guests whether locked in a locker or otherwise.
   - Ensure that the belt has come to a complete stop before stepping down, & if you wish, return for another brief stay.
   - Sit on a towel when using the sauna or steam room;
   - Do not bring alcohol or drugs into our Clubs.
   - May not bring any photographs or video equipment.
   - Please inform your instructor of any injuries, illness or pregnancy.
   - Please inspect equipment before use & do not use the equipment if it is missing, worn &/or damaged.
   - Please report damaged equipment to a staff member.
   - Please do not tamper with fire doors or any safety devices.
   - Please do not tamper with fire doors or any safety devices.
   - Please inspect equipment before use & do not use the equipment if it is missing, worn &/or damaged.

5. **Use of Studios:**
   - Please use the equipment for its intended purpose & follow the instructions provided. Do ask for help if you need it.
   - Please inspect equipment before use & do not use the equipment if it appears damaged &/or inoperable or any component appears to be missing, worn &/or damaged.
   - Please report damaged equipment to a staff member.
   - Please ensure that the belt has come to a complete stop before stepping down, & if you wish, return for another brief stay.
   - Sit on a towel when using the sauna or steam room;
   - Do not use the sauna or steam room.

6. **General:**
   - General:
   - Please follow the health & safety notices displayed throughout the Club.
   - Please do not tamper with fire doors or any safety devices.
   - Please do not tamper with fire doors or any safety devices.
   - Please inspect equipment before use & do not use the equipment if it is missing, worn &/or damaged.
   - Please report damaged equipment to a staff member.
   - Please inspect equipment before use & do not use the equipment if it is missing, worn &/or damaged.

7. **Sauna & Steam Room:**
   - Sauna & Steam Room:
   - Ensure that the belt has come to a complete stop before stepping down, & if you wish, return for another brief stay.
   - Sit on a towel when using the sauna or steam room;
   - Do not use the sauna or steam room.

8. **Squash Courts:**
   - Squash Courts:
   - Court bookings are for 45 minute sessions only.
   - Children under the age of 16 years may not use the vibration plates.
   - May use all the strength equipment on the gym floor but only under the supervision of the parent/legal guardian or if participating in a programme supervised by a Planet Fitness recognized fitness professional. The only equipment that may not be used by this age bracket is vibration plates, which is limited to use from the age of 16 years only.

9. **Swimming Pool:**
   - Swimming Pool:
   - When sharing a lane please swim in an anti-clockwise direction.
   - Please shower before entering the pool, wear a swimming cap & costume & observe any swimming direction displayed in the pool.
   - When sharing a lane please swim in an anti-clockwise direction.
   - Please shower before entering the pool, wear a swimming cap & costume & observe any swimming direction displayed in the pool.

10. **Personal Training:**
    - Personal Training:
    - If you are interested in getting a Personal Trainer, you will find all the details of Personal Trainers on the Personal Training Boards. You can contact them directly, or ask at Reception & we will gladly hook you up with one/someone.

11. **Rules & Regulations:**
    - Rules & Regulations:
    - Swimming Pool:
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    - Please shower before entering the pool, wear a swimming cap & costume & observe any swimming direction displayed in the pool.

12. **Sauna & Steam Room:**
    - Sauna & Steam Room:
    - Children under the age of 14 years must be supervised by an adult at all times.
    - The pool area may be slippery when wet, so please be careful when entering.

13. **Dress Code:**
    - Dress Code:
    - Please note that the pool is separate from the steam & sauna section of the Club.
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