

Rules and Regulations

1) General Rules and Regulations:

- The club Rules & Regulations are applicable to all members, underage and / or dependents, guests, and visitors, to ensure the enjoyment, safety, and wellbeing of everyone using the club.
- Personal information including a photo will be used to validate access.
- Club facilities, operating times, equipment, and group exercise classes may vary from club to club.
- We reserve the right to change the rules and regulations including operating times and use of facilities.
- If you do not comply, we can at our own discretion, deny access, cancel memberships, or ask you to leave the premises.
- Always use a sweat towel and wipe equipment after use.
- Note the limited times allowed on cardio equipment during peak times.
- Pets (other than guide dogs) are not permitted.
- Firearms or other weapons are not permitted.
- Running is only allowed on designated equipment and areas.
- Any photos and / or videos taken must not include other members without their consent.
- The taking of photos and / or videos for commercial use require prior approval.
- No photos and / or videos may be taken in the changing rooms.
- No selling or marketing is allowed to other members while in our clubs.
- The use of all Planet Fitness logos is prohibited without consent.
- Underage and / or dependents' free access benefit, which is associated with the main membership, will end on their 18th birthday.

2) Checking your Health Status:

- Before you start exercising confirm with your healthcare provider if you have any health risks.
- All members must ensure they complete our physical activity readiness questionnaire when joining.
- We recommend you warm-up before exercising and cool-down and stretch afterwards.
- Should your health status change it is your responsibility to inform us.

3) Access Policy:

- All members including underage and / or dependents will be issued an access tag and a photo will be taken.
- You must present your own access tag to gain access.
- No-one else may use your access tag.
- Using your ID / Passport number for access is allowed for three consecutive times, after which you need to buy a new access tag.
- Access benefit for underage and / or dependents is limited to the parent(s) / legal guardian(s) membership.
- Report lost or stolen access tags to avoid fraudulent use.
- If a new tag is required, it will be charged for.
- Access will be denied (including your underage and / or dependents) should your membership not be in good standing.
- Use of the swim school requires a separate membership.

4) Underage and / or Dependents:

- Age restrictions apply for the use of facilities and equipment.
- Just Gym - Under the age of 13 may not access.
- Blue / Signature Clubs - Under the age of 8 may not access clubs without Planet Kids.
- Blue / Signature Clubs - 8- to 13-year-olds must be accompanied by parent(s) / legal guardian(s).

5) 6 Months - 7 years old (Excluding Just Gym and Clubs without Planet Kids)

- May not accompany Parent(s) / legal guardian(s) on the gym floor.
- Planet Kids operating hours may vary from club to club.
- May only be used for a maximum of 2 hours per day.
- Parent(s) / legal guardian(s) are required to be in the club if their underage and / or dependents are using Planet Kids.
- The same parent(s) / legal guardian(s) are required to sign underage and / or dependents into/out of Planet Kids.

- Rules of Planet Kids, as displayed are to be observed.
- Underage and / or dependents 4 years and older are not permitted into the change rooms of the opposite gender.

6) 8 – 12 years old (Excluding Just Gym):

- May only use the swimming pool, indoor track, Upright and Recumbent bikes.
- May not use treadmills, Ellipticals, Power Mills, Sun Beds, and vibration plates.
- May not participate in adult group exercise classes.
- May not use the sauna and / or steam room.

7) 13 – 15 years old:

- May use equipment, swimming pool and squash courts except sun beds and (if under the supervision of legal guardian/parent) vibration plates.
- May participate in adult group exercise classes.
- May use sauna and / or steam room.

8) 16 – 18 years old:

- May use all equipment, swimming pool and squash courts, except sun beds.

9) Guest Policy:

- Over 18-year-olds are required to sign the Guest Register / Indemnity Form before accessing the club and on each visit to the club.
- Guest Register / Indemnity Form is required to be signed by parent(s) / legal guardian(s), for all guests under 18 years old, before accessing the club and on each visit to the club.
- Club rules are to be observed by all guests.

10) Behaviour in our Clubs:

- Access is prohibited whilst under the influence of alcohol, illegal drugs, or performance-enhancing drugs.
- You may not bring alcohol or drugs into our clubs.
- Smoking including e-cigarettes and vapes, is not permitted anywhere on club premises.
- You may not use foul, loud, or abusive language.
- You may not physically / sexually / verbally abuse or harass other members, guests, visitors, tenants, or members of staff.
- You may not commit any acts which may cause distaste, revulsion or hostility to other members, guests, visitors, tenants, or members of staff.
- You will be liable for any damage caused by you, your guest and an underage and / or dependent.
- Only one individual is allowed in a shower cubicle at any one time.
- Appropriate exercise clothing and closed training shoes must be worn.
- No food or bags are allowed on the gym floor.
- You may only use plastic drinking bottles.

11) Use of Equipment:

- Handle weights and equipment with care and replace after use.
- Use the equipment for its intended purpose and follow the instructions provided, including weight limitations.
- Never load the equipment with any additional weights other than as pre stacked by the manufacturer.
- If you are unsure of how to use the equipment, ask a fitness qualified staff member to assist you.
- While training on the circuit, use the equipment in numerical order and move according to the circuit timer.
- When using any automated equipment, make sure the equipment has come to a complete stop before stepping onto or getting off it.

12) Vibration Plates:

- If available, observe the guidelines displayed and consult a doctor if you are concerned about your health risk prior to using the equipment.

13) Parking:

- Parking is for members and guests when using the club.
- Park in designated parking bays.
- Do not park in the disabled parking if you are not entitled to do so.

- If your car is not parked properly, it may be clamped, and a fee charged for its release.
- We do not accept responsibility for any loss, theft and/or damage to vehicles (or any mode of transport) including any valuables left in them.

14) Lockers and Personal Belongings:

- Lockers are provided to store your clothing and gym gear.
- You are required to bring your own padlock.
- We do not undertake that the use of a locker will guarantee that theft of, or damage to your property, will not occur.
- Management reserves the right to open a locker, if we have reasonable grounds that a locker is being used for storage of anything else other than clothing and gym gear.
- If personal belongings are left in a locker overnight, the lock will be cut, and belongings held as lost property.
- Do not leave your personal belongings unattended.
- We do not accept responsibility for any loss or theft of money or loss or damage to personal property of members or their guests whether locked in a locker or otherwise.
- It is your responsibility to check if your personal insurance covers you for loss of personal effects.

15) Lost Property:

- Any belongings removed from lockers / left unattended and handed to reception, will be available at lost property at your club for 14 days.
- If you do not collect it within this time, we will donate it to charity.

16) Use of Studios:

- Class timetables and instructors may change from time to time without notice.
- Check class club schedules on our website for the latest details (www.planetfitness.co.za).
- Some classes may need to be pre-booked or may have maximum number of participants allowed.
- Arrive a few minutes before your class starts or you may not be allowed to join the class.
- It is your responsibility to inform your instructor of any injuries, illness, or pregnancy.
- Use of studios is allowed when not being used for scheduled group exercise classes.
- Heels and posing in studios are prohibited.

17) Squash Courts:

- If available, bookings are required to be made at reception but only for one week in advance.
- Court sessions are 45 minutes per session.
- Only 1 (one) session per member is allowed to be booked in peak times.
- To cancel, contact the club reception no less than one hour prior to your booking.
- If you do not arrive within 10 minutes of your booking, then the court will be allocated to other members.
- Squash shoes with non-marking soles must be worn on the courts.

18) Swimming Pool:

- No lifeguard supervision is provided.
- Children under the age of 13 years must be supervised by an adult.
- No running is allowed in this area.
- Shower before entering the pool.
- Wear a swimming cap and appropriate swimming attire.
- Observe any swimming direction displayed.
- No diving allowed, unless supervised by swim school.
- You may not use the pool if you have a contagious illness.
- Only inflatables provided by the club are allowed.
- Babies and toddlers must wear aqua nappies or specifically designed baby swim trunks.
- Swimming pool lanes may be reserved for swim schools, ask reception for details and class times.

19) Sauna / Steam Room:

- We advise you do not use these facilities if you are elderly / pregnant / suffer from heart disease / diabetes / high or low blood pressure or any other serious medical condition.
- Shower before entering the sauna or steam room.
- Always wear a costume and sit on a towel when using the sauna / steam room.
- Observe reasonable time limits. We recommend you not use these facilities for longer than 10 minutes per session.
- Never use oils, creams, or cosmetic products in the sauna and / or steam room.
- Never shave or exfoliate in the Sauna/Steam room.
- Never dry clothing or towels in the sauna.
- Do not touch the sauna hot rock unit.

20) Concierge Services:

- (Applicable to selected signature clubs and members with a towel benefit added to their membership)

Towels:

- One shower and one sweat towel allocated per member per session.
- Please return towels to allocated areas in change room and / or reception.

Steam Iron:

- Provided left at own risk.
- Limited to current daily wear.

Shoeshine:

- Available on request.

21) Safety:

- In the event of an emergency, please always follow the staff's instructions.
- Follow the health and safety notices displayed throughout the club.
- Do not tamper with fire doors or any safety devices.
- Be aware of the different floor surfaces that you move across as you walk through the club.
- As ongoing cleaning and maintenance does take place, related tools and equipment may be hazardous, and some floor surfaces may be slippery. Proceed with caution in these areas.
- Please report all injuries / incidents and / or any hazards to reception.

22) Personal Training:

- Only authorised Planet Fitness Personal Trainers are permitted to provide personal training in our clubs.
- Personal Training done under pretence as a member is not allowed, whether it is for payment or not, and all parties may be expelled or suspended.

23) Outdoor and rooftop training area:

- Please refrain from using the outdoor / rooftop training area in inclement weather (i.e., rain, thunder, and lightning) and do not use equipment if wet.
- Be vigilant on your exposure to the sun, hot surfaces, and high temperatures, and remember to stay hydrated.
- Only use designated equipment. Please do not take any free weights or additional equipment to the outdoor / rooftop area.
- Train carefully. There may not always be a member of staff supervising the area, but we do have CCTV coverage.
- Underage and / or dependents under 13 are not allowed in the outdoor / rooftop training area.

24) Contact Us:

Should you wish to give us feedback for whatever reason, you can do so by contacting your Club General Manager, or by logging onto our website - www.planetfitness.co.za.