

# Clara Gym, Sauna & Steam Room Rules



- All users of the gymnasium/sauna/steam room do so at their own risk.
- Hours of use are from 8:00am to 8:00pm.
- The doors to the sauna and steam room must not be left open after use. If you leave the door open resulting in the Fire Brigade attending, the call out will be charged to the lot responsible.
- The gymnasium is for use by residents, their overnight guests and family members but limited to a maximum of two guests at any one time.
- Children under the age of 18 are only permitted to use the gymnasium whilst under direct Adult supervision (this includes personal trainers etc.).
- No children under the age of 16 are allowed in the gymnasium.
- All users must carry a towel and wipe down equipment after use.
- Suitable footwear must be worn to and from the gymnasium and whilst in the gymnasium at all times.
- Smoking is not permitted in the gymnasium.
- Alcohol and food are not allowed in the gymnasium.
- Glass objects, drinking glasses and sharp objects are not permitted in the gymnasium.
- All gym users must turn off all the lights and air-conditioning when leaving.
- All users of the gymnasium must use earphones when listening to a personal audio device.