**The Sport Science Institute Facility Rules**

Everyone at the Sport Science Institute of South Africa (SSISA) must abide by The “Rules”.

The Rules are to make every single members gym experience as hassle free as possible. The Rules are part of your official SSISA Contract and have been carefully prepared by our legal team and staff. So please feel free to read through them yourself as they are here to protect you and the facility

Failure to comply with the rules may result in severe consequences for continued use of the wellness centre and in some instances, may even affect continued membership. These rules cover all offerings, equipment and facilities of SSISA wellness centres in South- Africa, although not all of these offerings, equipment and facilities may be available at every centre.

**Who should play by the Rules?**

All members, guests, tenants, contractors, visitors and staff must abide by the rules. Individual

Wellness centres may also display their own operational rules which are added and approved by the parent company, with which you must also comply.

Failure to comply, may result in being asked to leave the fitness centre, membership suspension and if it is really serious, cancellation of your membership.

**Changes happen even in rules**

These rules are subject to change and any updates will be made available on our website; www.ssisa.com.

OUR FACILITIES ARE FOR THE USE OF OUR MEMBERS ONLY.

From the get-go,

All members must fill in a Pre-participation health screening questionnaire before using our facilities for the first time. We’ll ask you to sign an assumption of risk document confirming that you’re aware of, and take responsibility for, any applicable risks to your health when exercising and that you’ll seek appropriate medical advice prior to exercising if necessary.

\*Before you begin exercising for the first time in our facility, ensure you have fully completed your initial assessment and consultation.

Depending on your pre-participation risk assessment you may be sent to your healthcare provider before you start a new fitness programme

We recommend that you spend 10 minutes warming up your muscles before starting any type of exercise. This will help to prevent damaging your muscles and/or straining your heart.

Remain well hydrated while exercising. No food or drinks other than plastic water bottles and sports drinks are allowed on the training floors, studios or pool decks

No bags, tog bags, back packs etc. are allowed on the training floors, studios or pool decks.

Please carry a sweat towel at all times and use the disinfectant spray and paper towels available to wipe equipment after use.

If you experience acute pain, dizziness, a sudden headache or chest pain, stop exercising immediately and inform a staff member. Ignoring the pain may lead to more serious consequences.

Please let us know if there are any changes in your medical condition.

**General Facility use**

We know it might be hard to tear yourself away, but please leave the centre punctually at the closing times displayed at the fitness centre entrance.

Pets (other than guide dogs) are not permitted.

Firearms or other weapons are not permitted anywhere on the SSISA premises.

Smoking is not permitted anywhere on the SSISA premises. Except in the designated areas marked outside.

You may not take any photographs or videos, without consent from the fitness centre manager

You may not bring alcohol or drugs into our wellness and fitness centres

You may not sell and/or market any product or service to other members while in our facility

You consent to us using your image if taken during a photo shoot in our facility.

The use of the SSISA name or logo for promotional, marketing, advertising or any other activity is prohibited.

Our Free Wifi Hot spots are available for use by you, subject to the terms and conditions of the SSISA computer, Internet and Wi-Fi policy and procedure for members, which can be found on our website. Junior members under 14 should be supervised by their parent(s)/legal guardian(s) at all times.

**Access card**

An access card will be issued to you when you join.

All members must have their photograph taken for their access card.

Every time you enter our facility please present your access card to be swiped by our receptionist.

Please report a lost or stolen card to your sales consultant and we’ll organise a new one for you and charge you the replacement card fee.

If you come to The SSISA without your access card, you’ll be asked for your national identity document. We will only allow you entry with your national identity number three consecutive times, after which a new access card will be issued to you at the going rate.

No one else may use your access card (not even your twin brother or sister).

You will not be allowed access into our facility if your membership fees aren’t up to date or if we have terminated or suspended your membership, or if you have frozen your membership.

**If you bring a friend**

At our discretion, you may bring guests to train with you upon payment of the guest fee or the redemption of a promotional voucher and completion of the Guest Register.

Your guest must bring their national identity document and have his/her photo taken.

All guests must adhere to the Rules.

You must accompany your guests at all times, be responsible for their behaviour and make sure they abide by the Rules.

**Illegal substances**

We take a zero tolerance approach towards the use, sale or endorsement of any form of illegal and/or performance enhancing drugs (including steroids or any other banned substances) on the SSISA premises or in the parking area.

Any allegations, suspicions and/or evidence of infringement of this rule give us the right to cancel or suspend your membership at our absolute discretion.

**Behaviour**

You may not enter the SSISA or use the facilities while under the influence of alcohol, illegal and/or performance-enhancing drugs or supplements (including steroids).

The following forms of verbal or other expressions are not allowed: an expression that amounts to: (a) propaganda for war;(b) incitement of violence; or (c) advocacy of hatred that is based on race, ethnicity, gender or religion; an expression which is or can reasonably be understood to demonstrate a clear intention to be hurtful, degrading or inflammatory; an expression which could reasonably be understood to be a clear intention to unfairly discriminate against any person on grounds of race, gender, sex, pregnancy, marital status, ethnic or social origin, colour, sexual orientation, age, disability, religion, conscience, belief, culture, language and birth; an expression which could reasonably be understood to be a clear intention to advance or suggest the inferiority of a group based on race, gender, sex, pregnancy, marital status, ethnic or social origin, colour, sexual orientation, age, disability, religion, conscience, belief, culture, language and birth; an expression which could reasonably be understood to impair or is likely to impair the dignity of others.

You must not commit any acts of intimidation or threats, or use menacing behaviour towards other members, guests, visitors, tenants or members of staff, or conduct yourself in a way which can reasonably be expected to result in disruption to the fitness centre and its operations.

You must not verbally, physically or sexually abuse or harass, or use violent behaviour towards other members, guests, visitors, tenants or members of staff.

You must not commit any unhygienic or immoral act or acts which may cause distaste, revulsion or abhorrence to other members, guests, visitors, tenants or members of staff.

You will have to pay for any damage caused by you, your dependants and your guests while in the SSISA.

Only one individual in a shower cubicle at any one time.

The floor manager on duty shall monitor behaviour of members and, if in his or her opinion, behaviour of a member or members is found to be noncompliant with these Rules, it may result in: (a) you being asked to leave the facility or (b) in extreme circumstances, your membership with SSISA being cancelled.

**What (not) to wear**

Suitable and appropriate exercise clothing must be worn at all times while exercising in the fitness and wellness centre. T-shirts/vests and closed footwear (no slops/sandals) must be worn at all times (except in the wet areas). If you are unsure of what to wear, please ask a staff member.

**Parking**

Parking is only for members and guests while using the SSISA facilities. Where applicable, members are liable for any parking fees that may be due.

Please park in designated parking bays and do not use the disabled parking bays 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.

Store your keys in a locked valuables locker.

All vehicles are parked and driven at your own risk. We do not accept responsibility for any loss, theft and/or damage to vehicles and/or valuables left in vehicles or any other mode of transport of members or their guests whilst on the SSISA premises or in any parking area designated for use by members or their guests.

**Locker and personal belongings**

Subject to availability, lockers are provided in the change rooms to store your gear while you train and smaller valuables lockers are also provided for your valuables (such as your wallet, keys, sunglasses, cellular phone, etc.). Please provide your own padlock (one for your locker in the change rooms). We do not undertake that the use of a locker or valuables locker will guarantee that theft of or damage to your property will not occur. Please check that your personal insurance 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 members or their guests whether locked in a locker or otherwise.

Do not leave your belongings unattended in the change rooms or anywhere else in the SSISA at any time and report any lost item immediately to a staff member. Placing all your belongings in a locked locker limits potential loss and is considerate to other members requiring access to bench space in the change rooms.

Lockers may only be used for keeping gym kits, toiletries and the clothing that you were wearing when you came to the SSISA. If we have reasonable grounds for thinking that a locker is being used for the storage of something else, we may open the locker and remove any offending items.

Lockers are available for use only while you’re in the SSISA. Any belongings left in a locker overnight will be removed and placed in lost property.

Any belongings removed or left unattended will be available at lost property at the SSISA for 14 days. If you do not collect them within this time, we will donate these items to charity.

**Equipment and the training floor**

Please use the equipment for its intended purpose and follow the instructions provided. Do ask for help if you need it.

Please inspect equipment before use and do not use the equipment if it appears damaged and/or inoperable or any component appears to be missing, worn and/or damaged. We need to know, so please report damaged equipment to a staff member.

Please use all available safety devices on the equipment. When using strength equipment be sure that the weight pin is completely inserted. Never pin the weight stack in an elevated position. Inspect all cables, straps and other connections prior to use.

Please do not use dumbbells or any other equipment, other than equipment specifically provided by the manufacturer, to incrementally increase weight resistance on strength equipment. If unsure, please ask for help from a staff member.

Before stepping onto a treadmill, please ensure that the belt has come to a complete stop. Never jump off the treadmill while the belt is still moving.

Handle weights and equipment with care and replace after use.

While completing a circuit, move with the timer and use the equipment in numerical order. If you feel another member is not complying with the circuit rules, please alert a staff member- please do not confront the member yourself.

Please observe the time limits if specified on equipment so that everyone gets the chance to use it.

**Studio and floor classes**

Some classes may need to be pre-booked or may have maximum number of participants. Class timetables and instructors may change from time to time without notice too. Please check the SSISA notice boards or our app for all the latest details.

Please arrive at least five minutes prior to the start of the class.

Junior members younger than 15yrs may not participate in any adult group exercise classes unless participating in age appropriate programmes/classes being led by a SSISA recognised professional.

**Power Plate**

Please read the warnings and observe the guidelines displayed in writing near the Power

Plate equipment and consult a doctor if you are concerned about your health risks prior to using the equipment.

**Spinning**

Your spin bike spot may be booked by contacting reception or using the online booking system.

Your place might be given to someone else if you are not checked in and seated on your bike at least five minutes prior to the class start time, so it’s important to arrive promptly.

Only one indoor cycle may be booked per member.

If you’re unable to attend your class, please be considerate and cancel your booking via our reception, to enable another member to book the bike.

Not pitching or cancelling may result in consequences with future bookings. Online cancellations can be made up until 30 minutes prior to the start time of each class.

Please use a sweat towel and use the disinfectant spray and paper towels available to wipe the indoor bikes after use.

Junior members under the age of 15yrs may not participate in spinning classes at SSISA.

**Boxing and kettlebells**

Observe the space around you when using the boxing equipment and kettlebells to avoid causing harm to other members.

For your own protection, wear protective hand wraps and gloves when using a boxing bag.

**Swimming pool**

ATTENTION: The SSISA does not provide lifeguard supervision.

Junior members, under the age of 15 years, must be accompanied and actively supervised at all times by their parent(s)/legal guardian(s), who must be present either in the pool or on the pool deck. Even if a junior member, under the age of 15 years, is participating in a swimming lesson/squad training under the instruction of a swim coach, the parent(s)/ legal guardian(s) remains accountable for the safety and behaviour of their child/children throughout the duration of the swimming lesson/squad training

The SSISA may at their discretion designate certain times as family swim time. This will allow non SSISA family members to make use our pool facilities

The pool area is slippery when wet, so please be careful when entering.

Some swim etiquette: Please shower before entering the pool, wear a swimming costume, wear a swimming cap and observe any swimming direction displayed in the pool area. Lanes must be shared, please swim in a clockwise direction. I.e. swim near the left hand side lane rope when sharing a lane.

Please do not jump or dive into the swimming pool or run around it.

We do not permit or endorse any form of hypoxic training (a swimming programme involving limited breathing).

Please do not use balls, floats or inflatables other than those provided by the SSISA.

Babies and toddlers must wear aqua nappies or specifically designed baby swim trunks only in times when allowed see family swim time

Babies, toddlers and children who cannot swim should wear flotation devices only in times when allowed to swim see family swim time

Swimming pool lanes may be reserved from time to time for swim schools. Please check the notice board for details.

The swimming pool lanes may be reserved from time to time for classes. Please check the group exercise timetable for details.

**Steam room**

If you are elderly, pregnant or suffer from heart disease, diabetes, high or low blood pressure or any other serious medical condition, you are advised not to use the steam room.

Junior members under the age of 15 years may not use the steam room

The steam room may be closed for a brief period during the day to facilitate cleaning.

Please:

shower before entering the steam room,

sit on a towel when using the steam room

do not bring any electronic equipment into these areas;

observe a reasonable time limit in the steam room - three to ten minutes or

until perspiration begins is recommended - after which you should shower and cool

down and, if you wish, return for another brief stay;

do not use oils, creams or cosmetic products;

do not shave or exfoliate;

be aware that surfaces may be slippery;

**Personal training or Biokinetic Sessions**

If you’re interested in signing up for a Biokineticist training session, you will find all the details of our authorised trainers on the display board. You can contact them directly or ask at Reception and we will get them to contact you.

Only authorised SSISA Biokineticists are permitted to provide personal training in our Wellness and fitness centres. Personal training by another member is not allowed, regardless whether it’s for payment or not. Anyone providing unauthorised personal training may be expelled or suspended.

Biokineticist services are on offer. In all our fitness centres,

Please ensure that you sign an agreement with your Biokineticist and obtain an invoice every time you purchase sessions.

**Safety**

Please do not tamper with fire doors or tamper with any safety devices.

Please follow the health and safety notices displayed throughout the SSISA.

Please take note of the emergency procedures. If there is an emergency, please follow the staff’s instructions at all times.

When using staircases, hold the handrails at all times and proceed with caution.

Please be aware of the different floor surfaces that you move across as you walk through the SSISA as some maybe be more slippery than others.

As ongoing cleaning and maintenance will be taking place, related tools and equipment may be hazardous, and some floor surfaces may be wet and therefore slippery. Proceed with caution in these areas.

Please report all injuries/incidents and/or any hazards to a staff member.

**Junior members**

These are the Rules that apply specifically to junior members

The membership fee for juniors varies according to the age group the junior falls within and whether or not their parent has a membership. Until they reach the age of 18, junior members’ access to the SSISA and its facilities will also be dependent on the age group they fall within.

Junior members under the age of 15yrs may not utilise the wellness and fitness centre

Junior members, under the age of 15yrs, must be accompanied and supervised by their parent(s)/legal guardian(s) when accessing the SSISA. Parent(s)/legal guardian(s) must remain with their child/children at all times, actively supervising their child/children throughout the SSISA, unless the junior member is signed into Kids club or a specific programme that allows junior members

SSISA provides a crèche facility for the exclusive use of SSISA members from 6 weeks old up to and including the age of 7yrs.

At least one parent/legal guardian must remain in the SSISA while their child/children is/are in the crèche

The crèche operating hours are displayed within the wellness and fitness centre and may vary from time to time

Parent(s)/legal guardian(s) may be asked to remove their child from the crèche if, in the opinion of our staff, the child is upset, ill, or disruptive.

Children under the age of 3yrs are permitted to accompany their parent/guardian into the change room of the opposite gender. From the age of 4yrs children may only access their gender specific change room.

Please contact the SSISA on 021 659 5600 or access websites for more information. We reserve absolute discretion when approving membership applications.

Complaints may be made by emailing the CRM Manager at Info@ssisa.com or in writing via the suggestion/comment boxes provided in the SSISA

Our right of admission remains reserved at all times.

That’s it! Thank you and enjoy your workout.