

Joining the Gym

6. Gym Rules



ADVOCACY



KNOWLEDGE



COMMUNITY

DEVELOPMENTAL DISABILITY *wa*



Gym Rules



Gyms have rules. Following the rules helps keep everyone safe and happy at the gym.

Rules to keep you safe



Wear running shoes to the gym.



Put weights down gently.
Don't drop them.



Check you have enough room to do your exercise.

To keep everyone safe gyms ask us to



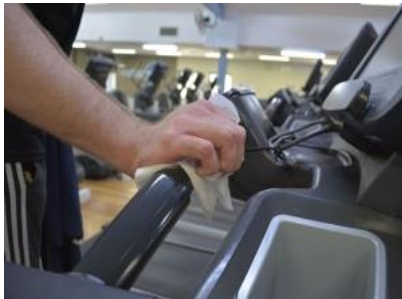
Bring a gym towel to place on the equipment we use.



Put equipment back where you found it.



Give other people space to do their exercise.



Wipe down equipment after using it.



Good manners are important in a gym so that everyone feels comfortable and safe.



Try not to interrupt other people during their workout.



Wait your turn to use equipment.
You can do another exercise while you wait.



Use a quiet voice at the gym.



Don't stare at other people while they exercise. Staring can make people feel uncomfortable.



Give other people personal space in the gym and changerooms.



Don't talk on the phone in the gym. If you need to talk on your phone, you should leave the gym area.