



LANHYDROCK HOTEL
and golf club

Rules and Regulations for The Gym at Lanhydrock Hotel & Golf Club (LHK) 2024/25

We want to ensure all our customers and guests have the best gym experience possible. Please check out our gym rules that we expect all users to abide by.

Opening Hours:

- The Gymnasium will operate seasonal hours daily. Generally 7.30AM to 10.00PM when the hotel is open half a hour after and before the club opens and closes when the hotel is closed.
- The company reserves the right to suspend the use of any facilities at any time for the organization of private classes and activities or for the arrangement of maintenance or cleaning without prior notice.

Dress Code:

- All users should wear appropriate apparel and footwear to comply with the requirements of the Gym, otherwise the access to and use of such facilities will be refused.

Access to Gym:

- The Gymnasium is for the entry and use of persons of the age of 16 or above only. Persons under 18 must be accompanied by a parent or guardian.
- Presence in the Fitness area is those limited using to the equipment. People who are not making use of the gym are not allowed in the area.
- The maximum number of people who can be in the gym is 10.

General Rules and Regulations Page 1:

- Open for Lanhydrock H&GC Gym Members, Hotel Residents and 'pay as you go' customers. You are required to sign in and pay the appropriate fee prior to each visit to the Gym.
- On joining as a member you will be offered a comprehensive induction to instruct you on the use of the gym equipment. You are strongly advised to undertake this.
- Persons using the equipment in the gym are responsible for their own safety and personal belongings. Our staff can advise on the use of equipment on request if you are unsure. **If you have any questions regarding your health and suitability to participate in exercise, you are strongly advised to seek advice from your Doctor prior to using any of LHK leisure facilities.**
- You may not use the gym whilst under the influence of alcohol, narcotics, tranquilizers or any medication or other substance which may affect your ability to exercise safely.

- Smoking, eating and drinking (except water or energy drink) is prohibited in the Gym at all times.

General Rules and Regulations Page 2:

- For the safety of all users, please refrain from preventing or interfering with others use of the equipment in the Gym.
- Please wear appropriate gym attire at all times i.e. no bare feet, no bare chests, no denim, no replica kits.
- For the benefit of all, it is requested that you return equipment to the corresponding place when finished.
- Except for the LHK activities, no commercial or religious activities are allowed in the Gymnasium without prior approval from LHK.
- Private coaching, assessments and other related activities are not allowed without prior authorization from LHK.
- Please mute mobile phones and pagers when in the Gym.
- Please do not speak loudly inside the Gym.
- Wash or sanitise your hands thoroughly on entering the gym and regularly while in the gym.
- Wipe down kit once you have used it with the cleaning products provided. Cleaning stations and wipes are available in the gym for you to use.
- Personal kit bags are not permitted on the Gym floor. Please store in lockers provided and remove all items when you leave the building.
- If you have any questions on the suitability and/or safety of any equipment, we request that you immediately contact the Main Reception for assistance.
- Please handle the equipment in the Gym with care. Users are responsible for any damages to the facilities or equipment outside of 'fair wear & tear'.
- The company will take no responsibility for the loss, theft or damage of belongings brought into the building or vehicles on the LHK property.
- The taking of photographs/videos within the Gym is not permitted.
- All users are required to follow the instructions of the LHK staff.
- To ensure your club's fit for use, we might need to close it - or certain areas - from time to time, thanks in advance for your patience
- If we need to change the club's opening hours for any reason, we'll aim to give you as much notice as possible
- The Hotel reserves the right to amend these rules and regulations without prior notice.
- LHK will not be responsible for any loss, injury or death of anyone using the facility.
- Users may not bring any pets (other than official aid dogs) into the Hotel, Clubhouse and Gym.
- By accessing the gym and using the gym equipment members are deemed to have read and understood the terms and conditions of membership.
- Failure to comply with the above rules may result in loss of gym privileges.
- Although we will always endeavour to return any articles of lost property to the owner, we do not take responsibility for any item held in lost property. Such items will be kept until claimed, but for no longer than two weeks after which time the items will either be donated to charity or destroyed.