

The following has been prepared to support your safe entry and use of the Bay Pavilions gym outside of regular staffed hours, commonly referred to as 24/7 access. For your safety and the safety of those around you, please always read and follow the below guide.

ENTRY & EXIT

1. For after hours gym access scan your membership band at the rear gym entrance only (no access through main entrance)
2. Only the named membership holder of the band is permitted access. Members found allowing access to non-members or other persons may have their membership revoked in line with this condition.
3. For your safety the whole centre is fully monitored by CCTV (excluding inside change rooms)
4. During staffed hours the 24/7 access point will not be active. Access during staffed hours will be through the main entrance or member's entrance.
5. The main entrance is locked and alarmed after hours. Do not attempt to enter or exit through this entrance outside of staffed hours.

EMERGENCIES

6. For your safety, a duress button is located on the wall to the left of the stretching area mats. Should you or another patron need immediate/emergency assistance please hit this button. (Please note, duress buttons are not located in the change rooms. For your safety, we encourage you to limit use of these areas outside of staffed hours and to carry your mobile phone at all times)
7. In the event of a facility emergency, such as a fire, exit through the after hours entry / exit point via the gym. Do not attempt to exit via the main entrance.
8. A first aid kit and defibrillator are located on the wall to the left of stretching area mats for your use if required.
9. We strongly encourage you to familiarise yourself with the location of all safety equipment, including the duress button, first aid kit, defibrillator and emergency exits prior to commencing your workout.

EQUIPMENT USE

10. When accessing the gym outside of staffed hours, be mindful of your limits. We strongly discourage attempting new exercises, equipment or machines, or attempting major lifts alone.
11. When using cardio equipment always connect the provided emergency stop clip to you prior to commencing your workout (the red clip at the front of the machine)
12. Treadmills take 3 seconds to boot up after hitting start. The stop button is located in the middle of the handles, with the emergency stop cord located just underneath the stop button.
13. If planning to access the gym outside of staffed hours, we strongly encourage you to connect with our gym team for a demonstration on how to adjust equipment to suit your height and preference, and how to safely operate all equipment, including the location of emergency stop buttons prior to your first after hours visit.