



CURTIN STADIUM RULES

Everyone who uses the facilities at Curtin Stadium must comply with these Rules.

If you don't comply with these Rules, Curtin will take action which may include you being immediately expelled from Curtin Stadium & your membership or privilege of future access to Curtin Stadium being reviewed & cancelled.

If you are asked to leave Curtin Stadium & do not do so, Curtin may ask security to remove you from the premises.

ENTRY

You must have a valid membership card or pay for casual entry to use the facilities at Curtin Stadium.

WHAT YOU CAN BRING & WEAR

- You must wear appropriate clothes & footwear at all times – for example, no thongs or work boots, no jeans.
- You must bring a sweat towel to use during exercise & to wipe down equipment when you have finished.
- You are not permitted to bring any of the following into the gym:
 - Bags
 - Unauthorised or unorthodox accessories or equipment (such as planks of wood)
 - Tobacco, food, chewing gum, glass bottles or cans
- You can bring weight belts, wrist straps & other weightlifting accessories into the gym as these are not provided by Curtin.
- You are not permitted to bring alcohol, illegal drugs or banned substances into Curtin Stadium.
- We recommend that you bring your own water bottle.
- You are responsible for your own belongings & Curtin will not be held liable for any loss or damage to your personal property.

CURTIN STADIUM EQUIPMENT

- Respect the equipment & Curtin Stadium at all times – for example, do not drop dumbbells or throw weights.
- Only use equipment for its intended purpose & according to its design.
- Store equipment away safely after you have used it.
- Only use weight equipment in the designated weights area, unless otherwise approved by Curtin Stadium staff.
- After use, return weights to racks & return any other equipment you have moved back to its designated area.
- Unload bars & machines after use.
- Ask Curtin Stadium staff to demonstrate before you use unfamiliar equipment.

TAKE CARE OF YOURSELF & OTHERS

- If you see injuries or people using the Curtin Stadium facilities or equipment improperly, report it to Curtin Stadium staff immediately.
- If you have an injury that inhibits your exercise performance, notify Curtin Stadium staff as Curtin may require you to provide medical approval to allow you to continue using the facilities.
- Stay friendly & follow reasonable etiquette practices including how long you use equipment, giving people space to complete their workout, how you use your phone & how much noise you make.
- You must not use offensive language, act aggressively or act foolishly at Curtin Stadium or with the equipment.
- You must use collars for weightlifting at all times. You must use a spotter where necessary.
- Do not leave excess chalk & powder on the floor.
- Do not take unauthorised photographs or videos in Curtin Stadium.

PERSONAL TRAINING

Personal training or exercise instruction & supervision at Curtin Stadium can only be provided by:

- approved Curtin Stadium staff; or
- by people who have been approved by Curtin Stadium management (who may require specific documents to support the application).

Remember, the activity you are taking part in at Curtin Stadium may have other rules or regulations that apply to it. Ask a Curtin Stadium staff member whether any additional rules apply.