



BRADFIELD COLLEGE SPORTS COMPLEX

Swimming · Fitness Classes · Sports Hall · Gym



CLASS ETIQUETTE & INFORMATION NOTICE

TIME-KEEPING

- Please be courteous to your fellow participants and to the instructor by arriving 5 minutes before the class is due to start to ensure enough time to set up equipment.
- Participants will not be allowed entrance to the class if they are more than 5 minutes and have missed the initial warm-up. This is for your own safety.

MOBILE PHONES

- Please ensure all mobile phones are turned off or on silent for the duration of the class to prevent disruption.

NOTIFICATIONS

- Please notify the class instructor of any medical conditions or advise them immediately if you become unwell or if you need to leave early for any reason.

FOOTWEAR

- Trainers are recommended for certain classes (see Fitness Class Descriptions). Customers are asked to ensure that all footwear for indoor use is clean, and your footwear has non-marking soles.

HEALTH & SAFETY

- Please follow the class teacher's instruction to ensure the safety of all participants.
- In the event of the emergency evacuation alarm sounding during a class, please stay calm and follow the class instructor's guidance.

EQUIPMENT

- Please clean all equipment before and after use.

QUESTIONS

- Your instructor will welcome any questions and will be pleased to clarify technique at the end of the class. Unless urgent, please do not interrupt a routine as this is distracting for other participants.

THANK YOU IN ADVANCE FOR YOUR HELP AND UNDERSTANDING