



**These Rules must be read in conjunction with
KIXX Martial Arts Codes of Conduct.**

(This list is not in order of priority)

- 1) ONLY people with permission to do so are allowed behind the reception counter.
- 2) Personal items and / or valuables are left in KIXX Gym at your own risk.
- 3) **All** children must be supervised and KEPT UNDER CONTROL in the building. A Gym can be a very dangerous place for children. Parents or guardians will be held responsible for their child's behaviour.
- 4) The designated training areas are clearly marked as red rubber jigsaw tiles for safety. Keep inside if you are in a lesson and outside if you are not.
- 5) Nobody under 18 years of age shall enter the Weights Room.
- 6) All KIXX Gym Members and Non-members (using Non-Member Entry) will be required to have an Induction in order to use this Gym and its weights equipment.
- 7) The building shall be kept tidy at all times. If you have any concerns over tidiness or cleanliness please notify the KIXX Gym Manager.
- 8) Treat ALL of the equipment and fittings in the building with care and respect. Please report any defects or problems immediately to KIXX Gym Manager.
- 9) Dress code shall be sensible and considerate to the class or other members of the Gym. Any concerns should be passed privately to KIXX Gym Manager.
- 10) DO NOT TOUCH ANY of the weapons unless specifically asked to do so by a qualified KIXX Instructor. A qualified instructor must supervise all weapons practice sessions. Weapons left unsupervised will be removed and locked away until claimed by the owner. Said owner may risk not being able to bring the weapons back to the Gym in future.
- 11) **EVERYONE must use the Signing IN and OUT book when entering and leaving the Gym. This is urgent for health and safety reasons.**
- 12) All abandoned clothing / equipment will be kept for one month. If it remains unclaimed it will be given to a charity of our choice.
- 13) *The good name of KIXX Gym shall not be brought into disrepute at any time. To do so results in membership being terminated.*
- 14) *Written permission MUST be sought before using ANY cameras in KIXX Gym. Mobile phones with cameras can be a particular problem so anybody taking any pictures without permission will be asked to leave the Gym. Further action may be taken!*
- 15) **The management reserves the right to refuse entry / membership at their discretion and without reason.**

***We hope you will find these rules sensible and easy to observe.
If you have any questions please ask.
We want you to have a good time at KIXX Gym.***