



SSFCC FIT ROOM Code of Conduct

The SSFCC FIT Room Code of Conduct outlines the specific requirements and conditions of entry into the Fitness training environment at SSFCC. Disobeying any of the following rules will **not** be looked upon favourably.

1. The SSFCC Fitness Instruction Training Room (FIT ROOM) is exclusively for the use of the students enrolled with SSFCC, and the Trainer/Assessor employed to deliver SSFCC's fitness qualifications.
2. The only NON SSFCC students entitled to use the FIT Room are those students who have signed the SSFCC client volunteer register. Those students must only enter the FIT ROOM to participate in the SSFCC student's assessment tasks.
3. Students may only enter and use the FIT Room when the SSFCC Fitness qualified Trainer/Assessor is present and supervising.
4. Before commencing use of the FIT Room you must have completed a **FIT Room induction**, on orientation day, signed off by the SELC Fitness trainer.
5. Hours for FIT Room use are:

Monday to Friday:	8:30 am – 10.30 am
	10.45 am - 12:45 pm
	1:30 pm -3.30 pm
	3.45 pm - 5:45 pm

1. SSFCC UNIFORM must be worn by all student FIT room users. The SELC Fitness uniform for students is:
 - **SSFCC White polo shirt**
 - **Black tracksuit pants/shorts/leggings**
 - **Gym shoes (In the interest of safety fully enclosed footwear must be worn in all gym areas at all times).**
2. In the interest of health and safety, SSFCC FIT ROOM users must always use a towel on the equipment and wear a shirt in all gym areas. A "no towel, no workout" policy applies in the gym area.
3. In the interest of safety, each person must warm up before using free weights and weight machines
4. In consideration of others, all weights and bars must be returned to storage racks after use.
5. Each FIT Room user is asked to be considerate towards other gym users including allowing others the use of equipment between sets.
6. If in doubt you must ask the trainer for supervision before using any equipment.
7. No smoking, food or drink, other than water bottles is permitted in the SELC FIT Room.
8. Always wait for instructions from your Trainer before commencing use of the FIT room equipment.
9. If you notice any equipment is damaged or not functioning correctly, stop using immediately and report to your Trainer.