

## Gymnasium - Lifestyle SA Rules of Use

No physical exercise should be undertaken without first consulting a physician.

1. For safety reasons Children are not permitted in the Gym area
2. Do not drop weights
3. Put weights back after use
4. Health and Safety
  - a. For hygiene reasons place a towel over benches
  - b. Wear appropriate clothing
  - c. Wear closed shoes
  - d. Wipe down all machines before and after use
5. Respect your limits and ask for help when needed.

Republished from The Newsletter for Golden Grove Village Residents October 2020

## Swimming Pool – Lifestyle SA Conditions of Use

1. Resident to be present when visitors use the Swimming Pool.
2. Children's visiting times are between 12-1pm and 4-5pm.
3. Children must be supervised at all times.
4. Health and Safety
  - a. Shower before and after using the pool
  - b. Only toilet trained children in the pool area
  - c. No food, alcohol or glass in the pool area
5. No diving, bombing, jumping, running, skimming or throwing objects.

Re published from Newsletter for Golden Grove Village Residents of October 2020