

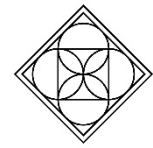
One One Six Cockfosters Gym Rules & Regulations

Hours – Gym opening hours:

06:00 – 21:00 Every day excluding Christmas Day, Boxing Day

Residents must not access the gym outside of these hours.

The gym cannot accommodate children under the age of 16. An adult should accompany any residents between the age of 16 - 18.



ONE·ONE·SIX
COCKFOSTERS · LONDON

Induction and Access to the Gym

Please arrange an induction with the Cockfosters PT, Georgia, using the booking system https://thrivewithgeorgia.setmore.com/?utm_source=qr-code&utm_medium=more-share-bp

When you join our gym and on your first visit, we will need to take your photograph for health & safety and security reasons.

Once induction is completed, your access fob will be updated to give access to the gym. Please note, you will not be given access until a gym induction is completed, and you have signed our terms and conditions below.

Your behaviour in our Gym

Please always wear appropriate gym attire i.e., no bare feet, no bare chests

Safe and appropriate behaviour is always required so as not to jeopardise your safety or the safety of others.

During busy periods, Gym users are to use only one weights station at a time.

Please use the weights around the gym with care and refrain from dropping them as it is a safety hazard, damages the kit and disturbs other members.

Please be considerate and replace weights on the dedicated racks after use.

The management will not take any responsibility where a gym user sustains injury from incorrect use of equipment.

If any equipment is found to be faulty or malfunctioning, please report this to management staff immediately.

In the interest of everyone's cleanliness and hygiene, please wipe down equipment after use.

No food can be eaten on the premises.

Abuse and harassment

We do not tolerate any form of harassment or abuse towards our members, guests or staff. All members must conduct themselves in a respectful manner whilst using our gym. Any gym

user who acts in an intimidating, abusive, violent, or disrespectful manner may be ejected from the gym and banned from further use.

Your personal items

Please do not bring valuables to the gym.

Operating hours and necessary maintenance

Please respect the closing time of your gym, available on the main entrance and be ready to leave on time. The gym entrance doors are on a timer and will be locked out of hours.

If we need to change the gym's opening hours for any reason, we will always aim to give you as much notice as possible.

To ensure your gym is fit for use, we might need to close certain areas from time to time, we will always aim to let you know in advance so that you can plan accordingly.

Waiver Form to complete and return to info@mentorservicesltd.co.uk

1. Acknowledgment of Risks

I, the undersigned, understand that participation in fitness activities at One One Six Cockfosters Gym involves risks, including but not limited to, muscle strains, broken bones, heart attacks, or death, resulting from the use of equipment, free weights, or classes.

2. Assumption of Risk and Waiver of Liability

I knowingly and voluntarily assume all risks associated with the activities. I agree to release, waive, and hold harmless One One Six Cockfosters Gym its owners, managing agents and employees from any and all claims, demands, or causes of action for personal injury or property damage arising out of my use of the facilities.

3. Medical Representation

I certify that I am physically fit and have no medical conditions that would prevent my safe participation in gym activities.

4. Agreement to Rules

I agree to follow all safety instructions and rules provided by One One Six Cockfosters Gym and I confirm I have read and understood the Terms and Conditions and I have completed a gym induction.

Resident Name (Print): _____

Resident Signature: _____

Resident's Address: _____

Date: _____

Emergency Contact (Name/Phone): _____

Terms and Conditions

1. These terms

1.1 What these terms cover. These are the terms and conditions on which we supply products to you, whether these are goods, services or digital content. Where the word 'product' is used in this agreement, it shall be taken to mean each of goods (such as clothing and equipment), services (such as membership and classes) and digital content as applicable.

1.2 Why you should read them. Please read these terms carefully before you submit your order to us. These terms tell you who we are, how we will provide products to you, how you and we may change or end the contract, what to do if there is a problem and other important information. If you think that there is a mistake in these terms or require any changes, please contact us to discuss.

2. Information about us and how to contact us

2.1 Who we are. We are One One Six Cockfosters Management Company Limited a company registered in England and Wales. Our company registration number is 13696801 and our registered office is Jasmine House, 8 Parkway, Welwyn Garden City, Hertfordshire, United Kingdom, AL8 6HG

2.2 How to contact us. You can contact us by email – info@mentorservicesltd.co.uk or 01438 315548

2.3 How we may contact you. If we have to contact you we will do so by telephone or by writing to you at the email address or postal address you provided to us in your order.

2.4 "Writing" includes emails. When we use the words "writing" or "written" in these terms, this includes emails.

3. Health risks and disclaimer

3.1 You acknowledge and represent that:

- (a) to the best of your knowledge, you suffer from no medical or physical condition or disability that will or might increase the normal risks associated with exercise or any other participation in the activities offered by One One Six Cockfosters Gym; and
- (b) if you do suffer from a medical or physical condition or disability, your doctor has approved your participation in sessions.

3.2 You must inform us, as soon as possible, if:

- (a) you suffer from any new injury, illness or other medical condition, or change in your general state of health or fitness;
- (b) you feel any pain or discomfort during a class/session; or
- (c) you feel that any participation in the activities included in a class or session would be unsafe or uncomfortable for you.

When participating in activities, we recommend that you:

- (a) declare any known heart conditions before using the facility;
- (b) declare any medical conditions or pregnancy and follow the guidance of a trained medical professional if you have any doubts about whether using the facility is safe for you;
- (b) attend an induction with the PT before training independently;

- (c) train barefoot at your own risk;
- (c) avoid using any equipment that is damaged and/or out of order;
- (d) comply with all facility rules and hygiene standards, including but not limited to:

- Equipment gets put back where it belongs
- Surfaces get wiped down after use
- Everyone has room to train
- One station at a time
- Weights don't get dropped
- Only water comes onto the floor
- Using your phone? Film yourself, not others

3.3 We may in our sole discretion prohibit you from participating in a class/session; and you must comply with all of our instructions in relation to our classes/sessions.

4. Our responsibility for loss or damage suffered by you

4.1 We are responsible to you for foreseeable personal injury (including serious injury or death), loss and damage caused by us. If we fail to comply with these terms, we are responsible for personal injury (including serious injury or death), loss or damage you suffer that is a foreseeable result of our breaking this contract or our failing to use reasonable care and skill, but we are not responsible for any personal injury (including serious injury or death), loss or damage that is not foreseeable. Personal injury (including serious injury or death), loss or damage is foreseeable if either it is obvious that it will happen or if, at the time the contract was made, both we and you knew it might happen, for example, if you discussed it with us during the sales process.

4.2 We do not exclude or limit in any way our liability to you where it would be unlawful to do so. This includes liability for death or personal injury caused by our negligence or the negligence of our employees, agents or subcontractors; for fraud or fraudulent misrepresentation; for breach of your legal rights in relation to the products as summarised including the right to receive products which are: as described and match information we provided to you and any sample or model seen or examined by you; of satisfactory quality; fit for any particular purpose made known to us; supplied with reasonable skill and care and, where installed by us, correctly installed; and for defective products under the Consumer Protection Act 1987

4.3 Trainers' liability. The limitations and exclusions of liability in these terms and conditions act to limit and exclude the liability of Thrive with Georgia (Georgia Sharma), employees, agents, trainers and any other person authorised by Georgia Sharma to represent them as an associated party.

4.4 We are not liable for business losses. We only supply the products for to you for domestic and private use.

5. How we may use your personal information

5.1 We will process your personal information in accordance with our Privacy Notice which for the purposes of the Terms and Conditions form part of the entire agreement with you.

5.2 You acknowledge and accept that you have read and understood our Privacy Notice when you accept these Terms and Conditions.

5.3 You must not share your personal or membership information with any other third party that may lead to unauthorized use of your data for the fulfilment of services.

6. Other important terms

6.1 We may transfer this agreement to someone else. We may transfer our rights and obligations under these terms to another organisation. We will always tell you in writing if this happens and we will ensure that the transfer will not affect your rights under the contract.

6.2 You need our consent to transfer your rights to someone else (except that you can always transfer our guarantee). You may only transfer your rights or your obligations under these terms to another person if we agree to this in writing.

6.3 Nobody else has any rights under this. This contract is between you and us. No other person shall have any rights to enforce any of its terms.

6.4 If a court finds part of this contract illegal, the rest will continue in force. Each of the paragraphs of these terms operate separately. If any court or relevant authority decides that any of them are unlawful, the remaining paragraphs will remain in full force and effect.

6.5 Even if we delay in enforcing this contract, we can still enforce it later. If we do not insist immediately that you do anything you are required to do under these terms, or if we delay in taking steps against you in respect of your breaking this contract, that will not mean that you do not have to do those things and it will not prevent us taking steps against you at a later date. For example, if you miss a payment and we do not chase you but we continue to provide the products or services, we can still require you to make the payment at a later date.

6.6 Which laws apply to this contract and where you may bring legal proceedings if you are a consumer. These terms are governed by English law and you can bring legal proceedings in respect of the products in the English courts.

6.7 All One One Six Cockfosters gym customers have the right to use our services, free from harassment, advances or predatory behaviour.