**For Attention of Members using FBC Gym**

1. Everyone owes everyone else a duty of reasonable care.
2. The FBC gym rules (posted in gym and on website – see QR code above) should be followed at all times
3. Only suitably fit persons should practise weight training, who have been inducted by an approved person.
4. Appropriate clothing for protection, modesty and warmth should be worn.
5. All equipment must be checked before use.
6. Any faults or relevant observations should be recorded in the Incidents book.
7. Equipment in use should be spaced adequately to allow for reasonable contingency.
8. Weights should be correctly loaded and locked before each lift.
9. Athletes should be aware of other users and spot\* for them, when required  
   \* – Spotting is a specific skill that is coached as part of the Induction process alongside weightlifting.
10. Store all weights, wipe down equipment and tidy the gym before leaving.
11. For Emergency Services, please call 999 – address is :

Falcon Boat Club, Meadow Lane, near Donnington Bridge, Oxford OX4 4BJ.

W3W is [bossy.quite.event](https://what3words.com/bossy.quite.event)