

HEALTH AND SAFETY.

ENSURING PERSONAL SAFETY.



Health & Safety Measures:

1. Prior to using the Tamar Performance Centre, all members are required to complete a medical form as part of the induction.
2. Key fob access devices will only be issued upon successful completion of the induction programme which includes personal hygiene, safety practices such as handling and use of gym equipment.
3. CCTV has been installed and is linked to the security control room and is operational 24/7. For our Privacy and CCTV policy please again visit our website as linked above.
4. In our pool room there is an emergency stop button to be used to stop the pools jet system instantly in the case of an emergency. This can be seen in your induction programme provided when you join the Tamar Performance Centre.

Personal Hygiene Measures:

1. Suitable clothing and footwear must be worn when exercising.
3. Please bring a clean, small towel to wipe down equipment after use.
4. Using your own water bottle is encouraged to minimize waste.
5. No food will be allowed inside the Tamar Performance Centre.

In the event of any misuse of the Tamar Performance Centre, access for the subjected member will be revoked and refund for the current month will not be available.