



# Nunthorpe Squash Club Membership Code of Conduct Policy

## Introduction:

Welcome to Nunthorpe Squash Club, As a member of our community, we expect all individuals to uphold a standard of behavior that promotes a positive and inclusive environment for everyone. This Membership Code of Conduct outlines the expected behavior and guidelines for members, with a special emphasis on the use of sauna and gym facilities.

## General Code of Conduct:

All members of Nunthorpe Squash Club are expected to:

### 1. Respect:

- Treat fellow members, staff, and visitors with courtesy and respect.
- Avoid any behavior that may be considered offensive, discriminatory, or disruptive.

### 2. Sportsmanship:

- Exhibit good sportsmanship both on and off the squash court.
- Encourage fair play and uphold the spirit of the game.

### 3. Facility Care:

- Respect the club's equipment, facilities, and property.
- Report any damage or malfunction to club management promptly.

### 4. Compliance:

- Adhere to all club rules, policies, and guidelines.
- Comply with local laws and regulations.

## Use of Sauna and Gym Facilities:

### Sauna Facility:

#### 1. Hygiene:

- Members must shower before using the sauna.
- Use a clean towel on sauna benches.

#### 2. Time Limit:

- Limit sauna sessions to a reasonable duration to allow fair access for all members. – Fees apply

### 3. Attire:

- Appropriate sauna attire (towel or swimsuit) must be always worn.
- Street clothes are not allowed in the sauna.

### 4. Health Considerations:

- Individuals with medical conditions or concerns should consult a healthcare professional before using the sauna.

## Gym Facility:

### 1. Equipment Use:

- Use gym equipment as intended and follow proper instructions for operation.
- Wipe down equipment after use with provided sanitizing wipes.

### 2. Courtesy:

- Allow others to use equipment between sets.
- Refrain from loud or disruptive behavior in the gym area.

### 3. Personal Belongings:

- Ensure your personal belongs are collected at end of your visit.
- Do not leave personal items unattended in the Club.

### 4. Health and Safety:

- Consult with a fitness professional or healthcare provider before starting a new exercise program.
- Report any damaged equipment or safety concerns immediately.

## Enforcement and Disciplinary Action:

Violations of this Code of Conduct, including specific guidelines for sauna and gym use, may result in disciplinary action, including but not limited to warnings, suspension of membership privileges, or termination of membership.

**Acknowledgment:** By participating in Nunthorpe Squash Club activities, players and acknowledge that they have read, understood, and agreed to abide by this Code of Conduct.

Nunthorpe Squash Club

Guisborough Road

Middlesbrough TS7 0JA