

## **iOme SAFETY IN THE STUDIO**

*Who is responsible for your safety? YOU ARE!! Make sure you read and understand the following requirements for a safe and happy workout.*

- Before beginning an exercise ensure the space around you is clear and free of hazards
- DO NOT balance weights on high surfaces
- If you see something that may cause an accident safely secure the area and let your trainer know
- Do not throw equipment down, place gently on the floor, bars are to be laid flat not stood on end
- It is your responsibility to put away all equipment safely in the correct place at the end of your session
- When carrying equipment such as dumbbells or kettlebells make sure you carry ONE at a time
- Please spray any aerosols outside the studio
- If you see any liquid spillages, especially on the stairs, wipe immediately and inform your trainer
- Use your towel or antibac wipes provided to clean sweat from mats and equipment once you have finished, especially if someone else is using immediately afterwards
- Please wipe down all mats and equipment with antibac wipes provided at the end of your session
- Do not put cleaning materials or chemicals in the fridge or food in the cleaning cupboard
- If you need to use cleaning materials and are unsure of how to do so safely, ask your trainer
- Be careful of low hanging beams especially on the stairs
- Only support yourself on FIXED surfaces, ie the wall DO NOT use the garden stand

**By ticking the box on our online form you are agreeing that you have fully read and understood the above safety instructions.**

**MOST IMPORTANTLY, ENJOY YOUR WORKOUT!**



[www.iomefitness.com](http://www.iomefitness.com)

[www.justclasses.co.uk](http://www.justclasses.co.uk)