TEES ROWING CLUB LIMITED

Small Gym Use Policy

Club Facilities Policy

Document Control

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Related Documents:	FR/05 Risk Assessment (Small Gym) | TRC/03 Code of Conduct | TRC/08 Safeguarding & Welfare Policy
Next Review:	Annually, or sooner following an incident, a change in gym equipment, or a significant change in gym usage patterns

Revision History

Issue	Rev	Date	Description of Change
1	0	Sep 2026	Initial issue.

This policy covers the use of the Club's small gym, including the indoor rowing ergometers, the Mirafit power rack and cable pulley system, free weights, dumbbells, bars, kettlebells, plyo boxes, weighted duffle bags, slam balls, battle ropes, spin bikes, mats and rollers. It applies to all members using the gym, whether alongside organised rowing sessions or independently.

The gym is provided as an unsupervised, self-directed facility. The Club does not employ paid coaching or personal training staff to run inductions or supervise gym sessions, and this policy is written on that basis.

Responsibility

Overall responsibility for the safe management of the gym sits with the Club's Safety Advisor, who is responsible for:

- Maintaining the gym section of the Club's Risk Assessment (FR/05) and reviewing it periodically or after any incident;
- Arranging routine visual checks of gym equipment and keeping a simple fault log;
- Taking faulty equipment out of use and arranging repair or removal;
- Ensuring the British Rowing coaching posters and any other safety signage in the gym are current and legible;
- Reviewing this policy annually or sooner if usage patterns change (for example, a significant increase in the number of members using equipment beyond the ergs).

Day-to-day gym checks may be carried out by any competent member the Safety Advisor asks to assist, but the Safety Advisor remains responsible for the overall arrangement.

Membership Agreement

Gym use is a benefit of Club membership, not a separately supervised service. As a condition of using the gym, all members agree, on joining or renewing membership, to the following statement (in addition to the British Rowing Code of Conduct, TRC/03):

"I understand that the Club's small gym is an unsupervised facility with no paid instructor or formal induction. I agree to use the gym and its equipment carefully, within my own ability and current level of fitness, and to follow the Club's Gym Use Policy and any signage displayed in the gym. If I have a health condition that could be affected by exercise, I will seek my own medical advice before using the gym."

This agreement should be added to the membership application/renewal form (paper or online) alongside the existing Code of Conduct declaration.

Rules of Use

- Members under the age of 16 must be supervised by a parent, guardian or another responsible adult at all times while using the gym and must not use any gym equipment unsupervised (see TRC/08 Safeguarding & Welfare Policy).
- No formal induction is provided. New or inexperienced users are encouraged to start with equipment they are familiar with and to ask an experienced member or the Safety Advisor if unsure how something works, particularly the power rack and pulley system.
- Refer to the BR coaching posters on the gym wall for guidance on stability, flexibility and strengthening technique.
- New or unfamiliar erg users should also refer to Concept2's official rowing technique guide: concept2.com/training/rowing-technique, which includes body position guidance and a technique video.
- For setting up and using the Mirafit M200 power rack and cable pulley system, refer to Mirafit's own guidance: the M200 Power Rack product page and their M200 Power Rack Attachments Guide, which cover the cable system's high/low pulley functions and compatible exercises.
- For general exercise guidance across other gym equipment, Mirafit's official YouTube channel (youtube.com/@MirafitOfficial/videos) includes product masterclasses and workout videos.
- Use collars/clips to secure plates on bars. Rack the bar and return weights, kettlebells, mats and other equipment to their storage location after use.
- Keep total load on the power rack within its manufacturer-rated maximum. Use a spotter for heavier lifts where possible.
- Stop and rest if you feel pain or discomfort - do not train through it.
- Keep gangways and floor space around equipment clear, particularly around ergs, the rack and battle ropes.
- Report any faulty, damaged or unstable equipment to the Safety Advisor (or the nearest committee member) immediately and do not use it until it has been checked.
- Wipe down equipment and mats after use.

Incidents

Any injury or near-miss in the gym must be reported to the Safety Advisor as soon as possible, in line with the Club's general incident reporting procedure. The Safety Advisor will review the circumstances and decide whether the Risk Assessment or this policy needs to be updated.

Review

This policy is reviewed annually by the Safety Advisor, or sooner following an incident, a change in gym equipment, or a significant change in how the gym is used (see Section 2, Responsibility).

This policy should be read alongside the Club's Risk Assessment (FR/05) for the Small Gym and the British Rowing coaching posters displayed in the gym.