



Gym Management Plan

General Opening Hours

The Gym is accessible 24hrs per day, 7 days per week.

Access

Access to the gym is controlled by a secure entry system. Access is typically restricted to existing residents. Guests are permitted but are required to sign in at reception and must remain with the resident at all times.

CCTV

For your safety and security 24hour CCTV is always in use, and recordings are accessible via the Management Team in the event of an incident.

Safe Use of Equipment

The use of the gym equipment at Uhaus is at the residents own risk, the operator of the equipment should be familiar with the particular use and type of equipment, only using the equipment if they believe that it is safe to do so. Where required, and before use, residents should take any necessary advice from their doctor to ensure they are fit to use the gym equipment provided. There are basic instructions displayed on the resistance equipment, each piece of cardiovascular equipment has a safety clip included.

A gym disclaimer should be completed prior to use of the gym for the first time - copies are available at reception and are included as part of the onboarding journey. Equipment is routinely checked for wear, damage or faults. Any faulty equipment is removed from use until repaired or replaced.

It is recommended that suitable clothing and footwear are worn when using the gym facilities.



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Sanitation of Equipment

Please leave the space how you find it. After use of the equipment, please make sure to sanitise it using the cleaning products provided. A deep clean of the gym takes place each evening.

Excessive Noise

Music and audio from the sound system and studio TV is kept at a moderate volume.

In the event of any noise complaints, residents have access to the 24/7 on site management team to resolve any issues. There is also CCTV coverage to aid any investigations if required.

A record of all complaints and actions taken is retained for inspection upon request.

Health & Safety Monitoring

Regular Health & Safety inspections are carried out and recorded covering...

- Equipment safety
- Trip hazards
- Ventilation and lighting
- Fire safety equipment and exits

A trained staff member will be responsible for ensuring the completion of risk assessments and for coordinating any remedial action as required.

- First aid supplies are available at concierge if required.
- At least one designated First Aider is trained and appointed for the building.