

Noise Policy

As the gym is in a residential area we should all be mindful of the impact of noise to our neighbours and try to minimise it as much as possible:

- All doors and windows must be kept closed
- The main entrance door should be closed as soon as possible after use
- The volume level of music played within the building should be kept within the predefined permitted levels
- When arriving or leaving by motor vehicle music volumes should be kept low until out of the vicinity of the gym
- When arriving or leaving please do so quickly and quietly, please avoid having extended conversations in the car park
- Vehicle engines should not be run any longer than necessary
- Air conditioning should be switched off when the building is unoccupied