Gym Rules **June 13, 2025**

1. Season wristbands or access tags are personal and must always be scanned when entering the gym.
2. The minimum age to use the gym is 15 years.
3. Maintain cleanliness, order, and good manners in the gym.
4. Gym users must wear indoor shoes and appropriate workout clothing.
5. Remove outdoor shoes at the start of the changing room corridor.
6. Be mindful of other gym users.
7. Allow others to use equipment during your rest periods.
8. Return barbells, dumbbells, etc., to their designated places after use.
9. Dropping weights from chest height or above is prohibited. Do not drop the weight stacks either!
10. Use a towel and wipe your sweat off equipment after use.
11. Keep shouting to a minimum and take phone calls outside the gym. Do not play music without your own headphones.
12. Ask for help if you're unsure how to use any equipment.
13. Report any broken machines or equipment to the staff.
14. Always follow the instructions of the gym staff.

Suggestions, feedback, and equipment fault reports can be submitted via the feedback service: https://easiointi.espoo.fi/eFeedback/