

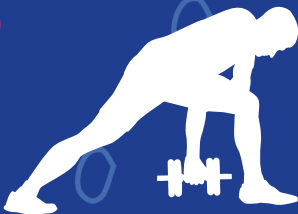


**XENIA  
STUDENTS**

**Please use the equipment in the Gym in a safe and responsible manner at all times and remember the following points:**



- ✘ Please only use equipment if you are fit and healthy.
- ✘ Appropriate clothing and footwear for exercise should be worn.
- ✘ Do not use any equipment if you are under the influence of drugs or alcohol.
- ✘ Do not use the equipment shortly after eating.



- ✘ Please follow any instructions that are included with each piece of equipment.
- ✘ Weight lifting should be done with a friend or trainer to supervise and assist if necessary.
- ✘ Do not interfere with the electrical supply of any equipment.



- ✘ Please report faults immediately to building staff — or through the fault reporting system.
- ✘ Carry a mobile phone when exercising to call for help in case of difficulty.
- ✘ Please consider other users and wipe down equipment after use.
- ✘ Please keep equipment well away from mirrored walls to avoid damage.