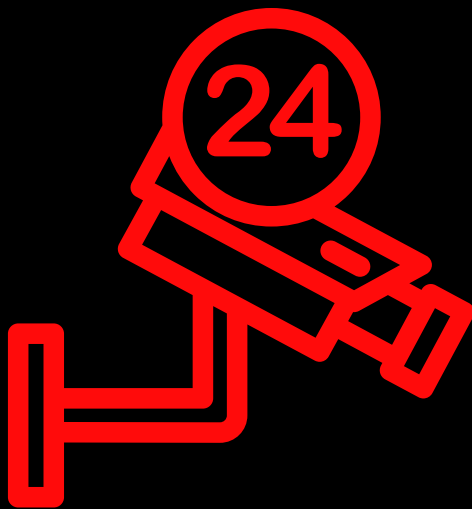


Please familiarise yourself with the following to stay safe whilst inside the gym day and night. We offer inductions to all new members, should you wish to book, please email [wellingborough@phoenix-gyms.co.uk](mailto:wellingborough@phoenix-gyms.co.uk).

To make sure that you're safe inside the gym, day and night, every member has a QR code scanner to gain access to the facility. This is so we know who is in the gym at all times.



To ensure the ongoing safety of all members and staff, we have CCTV cameras throughout the gym and our 24/7 CCTV team can monitor too. Suspected abuse of the entry system is automatically monitored by the CCTV.

An emergency red phone is located within the gym, with 2-way communication so that you can speak to someone on the CCTV team to ask for emergency assistance. We hope you'll never have to use it, but it's good to know that help is always there.



**First aid stations are located throughout the gym should you or someone else need them. During manned hours all staff are first aid trained and can provide assistance where required.**



**In addition, we have further safety measures in place, including:**

- **Staff trained to deal with emergencies**
- **Proactive maintenance of facilities, equipment and assets**
- **Safe equipment layout**
- **Air ventilation system**
- **Correct temperature and humidity in the gym**
- **Music volume set to a standard level**
- **Free water fountain to keep all hydrated**
- **General and fire risk assessments in place to ensure the safety of all individuals in the gym**
- **Safety records and incidents monitored and reviewed**
- **Regular audits to identify and implement improvements**
- **Unauthorised access to the gym through QR code scanner sharing and/or letting people in, monitored and addressed**
- **Work with contractors (such as cleaners) to make their workplace safer**