

Warwick Barbell Gym Rules



- Don't bring bags into the gym unless they are drawstring bags
- Return weights to the rack in the correct order after usage
- Don't leave weights or equipment lying around during a session
- Lock up the power bars after usage
- During barbell sessions only use our designated racks
- If you're performing a heavy squat or bench press, make sure you ask for a spot
- Be aware of weightlifters or other gym users around you
- Don't bring food into the gym

Warwick Barbell Socials Code of Conduct

The below rules state how members should act in training and at social events:

1. Behaviour which will be perceived as, or is intended to be: sexist, homophobic, racist, body-shaming, derogatory will not be tolerated.
2. Violence, intentional damaging of property and disrespect towards social venues will not be tolerated.
3. Bullying of any form will not be tolerated.
4. Failure to abide by above guidelines will result in:
 - a) Upon first offence: A private talk with the club president and welfare officer to discuss offender's behaviour.
 - b) Upon second offence: Ban from all club socials for one full term.
 - c) Upon third offence: Members will be removed from the club and the SU will be informed of the reasons for their removal. Non-members will be reported to the SU.

Barbell is a welcoming club for everyone, and no members should have to put up with any form of bullying or discrimination. We hope that behaviour at socials and in group chats will be inclusive and we will never have to resort to any of these measures.