

# Rules of conduct for the SDN gym

**1. Respect for others and equipment:**

Please treat each other and the gym equipment with respect. A pleasant and respectful attitude creates a more enjoyable atmosphere and a fully-functioning gym is more fun to use than a broken one.

**2. Cleanliness:**

Please put things back where you found them and leave the gym in the same condition as you found it. This includes wiping down equipment after use and disposing of any trash or personal belongings in the designated areas.

**3. Access:**

Please do not allow non-members into the gym. If someone requests entry and does not have their own key, please refer them to the gym manager.

**4. Lost and found:**

If you find an item that does not belong to you, please contact the gym manager immediately to return the item. Additionally, if you have lost an item, please check with the gym manager to see if it has been found.

**5. Borrowing equipment:**

Please refrain from borrowing equipment from the gym. Each item is important to the functioning of the gym and may be missed by other members.

**6. Proper use of equipment:**

Please do not place weights on cushions, as this can cause damage to the equipment. Follow all safety guidelines and protocols, such as wearing appropriate gym attire and footwear, and not using equipment that is broken or damaged.

**7. Illness:**

If you are feeling ill, please think about the health and safety of yourself and others and refrain from using the gym until you are feeling better.

**8. Sharing space:**

If the gym is busy, please consider leaving space between you and other members when using equipment and limit your time on machines if there is a queue. Be mindful of other gym members' personal space and privacy. Do not take photos or videos of others without their explicit permission.

**9. Closing procedures:**

Please turn off the lights and the music and close the windows when leaving the gym, especially if you are the last person to leave.

Remember that the gym is a shared space, and everyone should feel comfortable and safe while using it. By following these guidelines, we can ensure that the gym remains a positive and welcoming environment for all members.

We value your feedback and suggestions for improving the gym. Please take a moment to share your constructive remarks or suggestions for improvement by filling out this [form](#).

If you have any further questions or concerns, please feel free to contact the gym manager via email at [gym@domusnyponet.se](mailto:gym@domusnyponet.se).