



YOUR SAFETY IN OUR FITNESS FACILITIES

FFIT⁺
CONWY


CONWY
CYNGOR BWRDEISTREF SIROL
COUNTY BOROUGH COUNCIL

Your Safety in Our Gyms & Fitness Classes

We want you to use our gyms safely and confidently, with the reassurance that there's always help available if you need it. We have trained staff throughout our facilities, as well as automated external defibrillators (AEDs) located at reception areas and first aid kits for emergency assistance. Please familiarise yourself with our key safety measures below:



General Advice

Before accessing our facilities you will require a gym induction. These can be booked at site, through our Contact Centre or via our app.

A short building tour and a run through on how to use the equipment that will benefit you are what you can expect from one of our team members.

For all junior inductions, these are required to be accompanied by an adult on their first visit to complete their paperwork and medical information. Failure to do so may result in the induction being rescheduled. Please ensure you arrive in appropriate fitness clothing as you may be required to use some of the equipment.

For those members who are experienced gym users and not wishing to require a face to face induction. You may do this through a virtual induction on our app.

Upon your first visit you will be required to complete a medical par q form.

We want everyone to enjoy their fitness journey when visiting our gyms, respect each other and the gym rules that we have in place.

Admissions Policies

SECURE ENTRY SYSTEM:

To ensure your safety within our facilities, each member is given a card which you are required to use to make your attendance known. You can do this by pre-booking on our app and then swiping in through our secure entry gates. All members will be required to provide a photograph for their account, which can be done at reception.

AUTOMATED EXTERNAL DEFIBRILATOR (AED)

We have automated external defibrillators (AEDs) in all our gyms as standard, providing emergency life-saving support for our members and the local communities they serve. These are installed in reception in each gym, and deliver full spoken instructions to guide anyone through how to use them in an emergency. Please ensure you familiarise yourself with the location of the AED.

DISABILITY ACCESS:

Our gyms provide disability access including, lifts, ramps, toilets, and changing rooms.

FIRST AID KITS:

We provide essential access to First Aid kits across all our gyms. All staff and trainers are first aid qualified so they can help in a first aid emergency inside our gyms.

FURTHER MEASURES:

In addition to the above, we have further safety measures in place, including:

- Our staff are trained to deal with emergencies and all have training to use the AED machine
- Proactive maintenance of facilities, equipment and assets
- Safe equipment layout ensuring access and mobility around the gym
- Fresh air ventilation where possible
- Free drinking water station to keep members and staff hydrated
- General & fire risk assessments in place to ensure the safety of all people in our gyms
- Safety records and incidents benchmarked against other industries & peers to constantly improve
- Regular safety audits to identify and implement improvements
- Unauthorised access into the gyms through tailgating will be addressed by staff





AUTHORISED

TOPS

- T shirts / sportswear
- Underclothing (workout gear with built-in under-clothes are ok)
- Hoodies
- School PE kit

BOTTOMS

- Shorts with full coverage of buttocks
- Leggings
- Sweatpants or athletic pants
- School PE kit

FOOTWEAR

- Athletic shoes
- Running shoes
- Court shoes
- Cross-training shoes
- Minimalist/five-finger shoes

OTHER

- Proper hygiene
- Limited use of perfume/cologne



NOT AUTHORISED

TOPS

- Clothing with rivets
- Work clothing
- School uniform
- Inappropriate or offensive language on clothing
- Dresses

BOTTOMS

- Clothing with rivets
- Work clothing
- Saggy pants
- Jeans
- skirts
- exposed undergarments

FOOTWEAR

- Bare feet
- Socks only (permitted on lifting platforms)
- Flip flops
- Open-toed shoes
- High Heels / Work boots / school shoes

OTHER

- Heavy perfume or cologne
- Body odour



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Epilepsy Policy

Conwy County Borough Council operates a Gym and Fitness Studios Epilepsy Policy in line with guidance from the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) and in consultation with epilepsy organisations. The key requirements of the policy are as follows:

Participation with Controlled Epilepsy

- Individuals who have been seizure-free for a minimum of one year may use Conwy County Borough Council gym and fitness studios without any special precautions.

Participation with Uncontrolled Epilepsy

- Individuals with uncontrolled epilepsy or parents of children with uncontrolled epilepsy should seek approval from their GP before participating in gym or fitness activities. This should consider:
 - » Type, severity, and frequency of seizures.
 - » Presence or absence of warning signs.
 - » Known triggers such as stress, bright lights, noise, or intense physical exertion.

Notification and Risk Assessment

- Individuals with uncontrolled epilepsy, or their parent/guardian/carer, must inform Leisure Centre reception upon arrival.
- A Duty Officer will conduct a risk assessment in partnership with the individual, family, or carer to ensure safe and enjoyable participation.

Companions and Supervision

- Participation requires the accompaniment of a companion who is familiar with the individual's epilepsy, can recognise seizures, and is able to act appropriately in the event of a seizure.
- The companion must continually observe the individual during the activity and notify staff immediately if a seizure occurs.

Health Considerations

- Activities should not proceed if the individual or their companion feels unwell.
- The Duty Officer may restrict certain activities or equipment use based on the outcomes of the risk assessment to ensure safety.

Programmed Sessions

- Organisers of programmed fitness sessions must inform the leisure centre if any participants have uncontrolled epilepsy to facilitate appropriate preparations and risk assessments.

This policy aims to promote the safe and inclusive participation of individuals with epilepsy in gym and fitness studio activities. For further information or queries, please contact a Duty Officer or a member of the leisure centre staff.

Why wearing correct attire is important?

Wearing sportswear when using the gym is important for several practical, comfort, and safety reasons:

Comfort and Mobility

- Sportswear is designed to provide optimal flexibility, allowing for a full range of motion during exercises. Tight or restrictive clothing can hinder your performance or even cause discomfort.

Sweat Management

- High-quality sportswear is often made of moisture-wicking fabrics that pull sweat away from your body, keeping you dry and preventing chafing or irritation. Regular fabrics like cotton tend to absorb sweat, becoming heavy and uncomfortable.

Temperature Regulation

- Gym clothes are designed to help regulate your body temperature during workouts. They keep you cool in hot conditions and warm in cooler environments, improving overall comfort.

Injury Prevention

- Proper sportswear often includes features like compression, which can improve circulation and reduce muscle fatigue. Proper footwear, a key part of sportswear, provides essential support and reduces the risk of injuries such as sprains or strains.

Hygiene

- Gyms are shared spaces, and sweating on equipment is common. Wearing clean, appropriate gym attire (including towels if required) helps maintain hygiene for both you and others.

Performance Enhancement

- Some advanced sportswear includes materials that reduce drag, improve aerodynamics, or offer targeted support to muscles. While this is more critical for competitive athletes, it can still benefit your gym experience.

Confidence and Focus

- Wearing the right gear can make you feel more confident and mentally prepared, enhancing your focus and motivation to perform better during workouts.

Respect for Gym Etiquette

- Most gyms have dress codes requiring proper attire to maintain a professional and safe environment. Wearing sportswear shows respect for these guidelines and other gym-goers.

By investing in the right sportswear, you can maximize your workout efficiency, stay comfortable, and reduce risks, all of which contribute to a better gym experience.

Ffit Conwy Junior Membership Rules (Ages 11-15)

Group Training and Equipment Use

- A maximum of 2 juniors can work together on a single piece of equipment at any time.
- Larger groups are reminded to be mindful of the time spent using each machine to allow fair access for all gym users.

Unaccompanied Gym Access

- Juniors may use the gym unaccompanied by an adult during the following hours:
Weekdays: 7:00 am – 7:00 pm
Weekends: 8:00 am – 2:00 pm
- Outside these hours, juniors must be accompanied by a paying adult member to access the gym.

Supervision and Guidance

- Ffit Conwy staff will supervise junior gym sessions, offering advice on fitness techniques and proper use of equipment.
- Juniors are expected to follow this guidance to improve their technique and maximise the effectiveness of their training.

Health and Safety

- Juniors must wear appropriate gym attire, including trainers. No flip-flops, boots, or non-gym clothing is allowed (no school uniform, PE kit is acceptable).
- Bringing a water bottle and sweat towel is encouraged to stay hydrated and maintain cleanliness.

Respect for the Gym Environment

- Juniors should respect the equipment, staff, and other members by tidying up after themselves, returning equipment to its original place, and wiping down machines after use.
- Loud or disruptive behaviour is not allowed.

Parental Consent

- All junior members must have a signed parental or guardian consent form on file before participating in gym activities.

Membership Termination

- Failure to adhere to these rules may result in warnings, suspension, or termination of junior membership.

These rules are in place to ensure a safe, enjoyable, and productive experience for junior members. For any questions or concerns, please speak to a member of staff.

Fitness Class Rules

Pre-Booking:

- Please pre-book classes online, via our app, or by calling the call centre.
- Entry is not allowed if the class is full or has already started.

Arrival:

- Arrive at least 5 minutes early if you've pre-booked. This allows us to allocate any vacancies to others.
- New participants should arrive 10 minutes early and inform the instructor of any medical conditions or injuries.
- Ensure that you mark in at reception or through a barrier, failure to do this may result in account being treated as a no show and therefore your account being blocked.

Cancellations:

- You may cancel up to 1 hour in advance of your session failure to do so may result in your account being blocked. To unblock your account you will need to contact reception or the Contact Centre.

Health & Safety:

- No entry once the class has started to ensure everyone completes a proper warm-up.
- Wear appropriate clothing and footwear. Complete a thorough cool-down before leaving.

Booking Eligibility:

- Ffit Conwy Members can book activities up to 3 days in advance from 8:00 am, while Premium Members enjoy the benefit of booking up to 7 days in advance.

Instructor Substitutes:

- If your regular instructor is unavailable, we will provide a substitute where possible. Please respect their different teaching styles.

General Policy:

- Failure to follow these rules may result in being asked to leave without reimbursement.

Failure to follow these rules may result in membership termination or being asked to leave. For questions or concerns, please speak to a member of staff or the Duty Officer.



Gym Rules

General Use

- If unsure how to use equipment, ask staff for help.
- Wear clean, appropriate gym attire.
- Use lockers for belongings; bags are not allowed on the gym floor.
- Bring a sweat towel and wipe down equipment before and after use.
- Please handle gym equipment with care and return it to its proper place after use. Failure to do so may lead to membership termination.
- Report faulty equipment to staff.
- Recording video and taking photos can not be done in any of our changing facilities.
- Recording videos and taking photos is only allowed in designated areas. For everyone's comfort within designated areas please avoid recording or taking photos that may capture other members without their consent.

Personal Conduct

- Be polite and respectful to others. Report issues to staff.
- Do not stare, use aggressive language, or behave disruptively.
- You may only film yourself and must do so discreetly. Filming is strictly forbidden in changing rooms and toilet areas.
- Pets are not allowed, except for support dogs.
- You may not enter the gym under the influence of alcohol, drugs, or medication that affects safety.
- For hygiene and safety reasons shirts must be worn at all times whilst on the gym floor.

Personal Belongings & Health and Safety

- Ffit Conwy is not responsible for loss or damage to personal items.
- Notify staff of any changes in your medical condition that may affect your ability to exercise.

Respect for the Gym Environment

- All customers should respect the equipment, staff, and other members by tidying up after themselves, returning equipment to its original place, and wiping down machines after use.
- Loud or disruptive behaviour is not allowed.

Personal Training

- Only Ffit Conwy trainers can provide personal training. Unauthorised trainers will be asked to leave.

Membership & Access

- A valid pass is required for entry.
- Breaking any rules may result in removal from the gym without reimbursement.

Failure to follow these rules may result in membership termination or being asked to leave. For questions or concerns, please speak to a member of staff or the Duty Officer.



Contact us

Abergele Leisure Centre
Faenol Avenue, Abergele, Conwy LL22 7HE

Tel: 0300 456 9525

Email: hamdden.leisure@conwy.gov.uk

Colwyn Leisure Centre / Eirias Performance Gym
Eirias Park, Colwyn Bay, Conwy LL29 7SP

Dyffryn Conwy Leisure Centre
Nebo Road, Llanrwst, Conwy LL26 0SD

Hwb Yr Hen Ysgol
Schoolbank Road, Llanrwst, Conwy LL26 0AR

Llandudno Junction Leisure Centre
6G Road, Llandudno Junction, Conwy LL31 9XY

Llandudno Swimming Centre
Mostyn Broadway, Llandudno, Conwy LL30 1YR