

APEX LIFE CLUB

FIRE & ICE ARENA

GYM ETIQUETTE & PROTOCOL

Welcome to Apex Life Club. To maintain a premium, safe, and respectful environment for all members and athletes, we strictly enforce the following facility guidelines. Thank you for your cooperation in keeping our community standard exceptional.

1. THE FITNESS FLOOR & WEIGHT ROOM

Adherence to spatial and structural protocols keeps workouts efficient and prevents injuries in high-traffic zones:

- **Rerack Your Weights:** Never leave dumbbells on the floor or loaded plates on a barbell or machine. If you are strong enough to lift it, you are expected to return it to its designated rack.
- **Wipe Down Equipment:** Use the provided disinfectant wipes or sprays to thoroughly clean any bench, seat, handle, or mat immediately after your set.
- **Allow Others to "Work In":** During peak operating hours, do not occupy a machine or station during your rest periods. Step aside or allow fellow members to perform a set while you recover.
- **Store Bags in Lockers:** Gym bags, coats, and personal belongings must be kept in the locker room. Clear walkways ensure a hazard-free training floor.
- **Respect the Lifting Zone:** Never walk directly in front of someone or grab plates off a rack immediately adjacent to an active lifter mid-set. Maintain safety boundaries at all times.

2. LOCKER ROOMS & WET AREAS

Privacy, hygiene, and luxury-tier cleanliness are strictly maintained across all locker and wet spaces:

- **Zero Camera & Phone Policy:** For the privacy of our members, absolutely no photography, videography, or video calling is permitted inside any locker room, restroom, or wet area. This is a strict, zero-tolerance policy at Apex Life Club.
- **Shower Before You Plunge:** Members are required to take a full-body soap-and-water shower before entering the pool, whirlpool, or cold plunge to ensure proper sanitation.
- **Modesty & Communal Spaces:** Exercise proper decorum in common locker zones. Inside the steam room, sauna, or hot tub, appropriate swimwear is required, and members must sit on a clean personal towel.

- **Towel Etiquette:** Conserve premium amenities by using only what is required, and always discard damp linens directly into the designated drop bins instead of benches or floors.

| 3. HEALTH & GENERAL HYGIENE

Maintaining clean environments and consideration for your fellow athletes ensures optimal performance conditions:

- **Fragrance Boundaries:** Refrain from using heavy perfumes, colognes, or body sprays prior to training. Concentrated scents multiply in high-heat and high-exertion spaces, triggering allergies or respiratory discomfort for others.
- **Health Status:** For the protection of the community, if you are showing any signs of illness or infectious symptoms, please stay home and rest.

Thank you for contributing to the standard of excellence that defines Apex Life Club at the Fire & Ice Arena.