



GYM GUIDELINES

- 1.0 **Introduction**

The West Indies School of Theology (WIST) is committed to providing a balanced approach to biblical higher education. Student growth and development must include physical, spiritual, emotional, intellectual and social aspects. Thus, in equipping Christians to be godly servant-leaders, the school provides services that are relevant to students' unique needs. In this context, as some students live in residences on the campus, a small gym is provided to facilitate physical exercise. Students, faculty, and staff are encouraged to make use of these exercise facilities.
- 2.0 **Location**

The gym is located in the centre room, ground floor of the Eames' building which is situated in the middle of the campus grounds.
- 3.0 **Hours of Operation**

The gym shall be opened for use from 5:00 am to 11:00 pm, Sunday to Saturday.
- 4.0 **Guests are responsible for knowing their own physical limitations.**
- 5.0 **Training is done at your own risk. Ensure that the correct form is used during exercise.**
- 6.0 **No eating/drinking or horseplay is permitted.**
- 7.0 **Children**

Children (persons under the age of 18) are not allowed inside the gym, unless they have a clearance form from a coach or physician to train in the gym facilities.
- 8.0 **Any malfunctioning of the machines/gym equipment must be reported to the real estate coordinator immediately.**
- 9.0 **Instructions for use of the machines must be adhered to at all times to ensure that health and safety of the users are not compromised.**
- 10.0 **Users of the gym facilities must take all necessary precautions when using machines/equipment to ensure their own safety and the safety of those around them.**
- 11.0 **Gym wear (clothing and footwear) must be used at all times.**
- 12.0 **Patrons are advised to use wash rags or towels to avoid leaving handles wet with perspiration after use.**
- 13.0 **Please make use of the bins provided to ensure clean surroundings.**
- 14.0 **Machines and lights must be turned off and room secured at the end of the day.**

