



Southall

GYM & 16TH FLOOR TERRACE POLICY

We have designed a list of 'house rules' to ensure everyone's enjoyment. We hope they don't sound too much like a list of 'dos and don'ts' but feel more like the UNCLE code for creating a great space for all.

GENERAL RULES

- ✓ Don't forget your key fob, this is how we know you are part of the UNCLE family just in case we need to check.
- ✓ Leave the area as you found it. If you notice anything in the area that needs our attention, just give us a friendly UNCLE 'heads up' and we will get it sorted for you.
- ✓ Speaking of personal items, please keep them safe and keep a close eye on them. UNCLE can't take responsibility for anything lost, broken, or stolen and we would hate for that to happen and spoil your day.
- ✓ Just a reminder – our shared spaces are pet-free zones, so please leave them snoozing in your apartment.
- ✓ No child labour here! Children under the age of 18 are not permitted unless they have adult supervision.
- ✓ We have CCTV in all our resident spaces for security and to keep you safe.
- ✓ From time to time, we may close this area for essential maintenance and repairs or UNCLE team events – we will try to give you as much notice as possible in the event of a planned closure.

GYM

- ✓ We've equipped the Gym with state-of-the-art equipment but as you'll see, the space isn't huge. So, its use is a perk for UNCLE residents only. Guest use of gym facilities isn't permitted to give all residents a fair shot of developing those quads, perfecting that squat and miles on the Pelotons!

UNCLE

Southall

- ✓ When the gym is busy, please limit your use to 30 minutes per equipment – we all want a fair shot to stay healthy, so please consider your neighbours and be a good sport.
- ✓ The Gym is a perk and can't be used by anyone for financial gain. By all means you are permitted to offer coaching and advice to your fellow residents (if they want it of course!), but under no circumstances can you take payment for this or invite non-residents to use the space.
- ✓ I mean, this one goes without saying, doesn't it? But in case you're not sure, residents are not permitted to use the gym under the influence of alcohol, drugs, or anything that your body hasn't produced naturally!
- ✓ You're responsible for ensuring your clothing and footwear is suitable for this area – beware of the hazards of being barefoot or wearing loose clothing or jewellery that may get caught in moving parts. We're not the fashion police, but stilettos, work boots and pretty much all denim, is not acceptable in a gym environment....
- ✓ Okay, now it gets personal. Your Resident Manager, Tom, will be found in the gym **A LOT!** And it breaks his heart to see Gym equipment mistreated. Don't slam down free weights and make sure you put back any equipment after use to avoid creating a hazard for anyone else.
- ✓ Be a champ and wipe down your equipment before and after use, with the sanitizing wipes we provide.
- ✓ Play your music through headphones, not out loud – we don't all have the same great taste as you....
- ✓ Report machine breakdowns or missing equipment to southall@uncle.co.uk and we'll get to it as soon as we can – though a broken treadmill might ruin your day, please be patient as we may have to wait for an engineer to come out the next available working day.
- ✓ If you're feeling a bit under the weather keep your germs at home and don't come for a workout. The gym is equipped with a first-class ventilation system but with extra vapor hanging around as we try to burn off a bit of energy, The Gym is a perfect breeding ground for bacteria. Let's keep it at bay, eh?
- ✓ We get it.....when the pump is on, you may want to take a quick snap for your socials or change the music track to help you reach that next PB. But please....
 - Keep phone usage to a minimum

UNCLE

Southall

- Your fellow residents come here to wind down and often get lost in the moment – so no calls to be taken whilst using the equipment.
- Don't take photos of anyone else and be mindful other residents don't want to appear in yours.

Now for the boring but important bits...

Before using the gym, you need to have read, understood and signed a gym waiver policy. Residents are reminded that there are present dangers when using all gym equipment that could cause harm to yourself or others. Residents who use equipment to cause harm to others will have their access to this facility removed.

Individuals not adhering to these policies may be asked to leave the amenity area. The Landlord reserves the right to revoke the access of anyone who violates the rules.

Each person uses the amenity area and its equipment at their own risk. The Landlord does not assume any liability for any bodily injury and/or property damage suffered during use of this amenity. The Landlord assumes neither any liability for the destruction, damage, or loss of any member's personal belonging/items.

The house rules are applicable in general to the whole amenity area; the Landlord reserves the right to change the rules of use at any time where deemed appropriate.

Our UNCLE perks are only available to book for residents in good standing – residents with unpaid rent or unresolved issues outstanding may be denied entry to communal areas at the discretion of the Resident Managers.

Failure to adhere to our enjoyment code may result in a strike – and a strike means you can't use the space for 6 months.

We appreciate your co-operation and understanding in following these house rules and we hope you enjoy the use of the resident amenities.