



House Rules Kanonberg Gymnasium

1. General rules of use:

- 1.1. The Kanonberg Homeowners Association (KHOA) and its members, employee, agents and representatives do not accept any liability whatsoever for any injury or death to any person or the loss, destruction of or damage to any property arising from the use of the swimming pool, gymnasium and lifestyle center regardless of the cause thereof.
- 1.2. Use of a towel is compulsory.
- 1.3. Use of closed shoes is compulsory.
- 1.4. No member may use the gymnasium in any way that may offend any other user(s) of the gymnasium.
- 1.5. All members must at all times be fully clothed. Exercising without wearing a shirt specifically is prohibited.
- 1.6. All equipment must be returned to their original location after use.
- 1.7. No member may use the gymnasium should their attire be unhygienic or harmful to the gymnasium and/or other users thereof. E.g. excess sand on shoes and/or metal fasteners on clothing, etc.
- 1.8. Smoking of cigarettes or cigars and use of alcohol in the gymnasium is prohibited.
- 1.9. No food or beverages other than exercise supplements are permitted in the gymnasium.
- 1.10. No member whose personal hygiene is such that it would negatively affect the quality of the exercise session of other members will be permitted to use the gymnasium.
- 1.11. No animals are permitted in the gymnasium.
- 1.12. COVID protocols (eg, wearing masks, cleaning hands and machines, social distance, etc.) MUST be followed as communicated from time to time by Kanonberg HOA and the person / persons appointed them to implement them.

2. Use of the Gymnasium by children:

- 2.1. Children under the age of 14 may not use the gymnasium without the supervision of their parent/s, the gymnasium manager or his/her assistant. Should any other adult intend to accompany the child in a supervisory capacity, prior arrangements should be made with the gymnasium manager.
- 2.2. Supervision shall mean that the person supervising must remain with the child and may unfortunately not exercise themselves (e.g. cycling or squash) whilst the child is making use of equipment.
- 2.3. Kicking of balls in the gymnasium is strictly prohibited as the balls are sucked into the treadmills, creating risk of serious injury to users.
- 2.4. Use of towels and closed shoes also apply to children under the age of 14.
- 2.5. Children may not play in the gymnasium whilst their parents or supervisors are exercising.
- 2.6. Children are not allowed to play in the gymnasium under any circumstance.
- 2.7. Children accompanying and waiting for their parents may do so using the benches in the gymnasium.

3. The following rules regarding use of the space on the top floor apply to all members.
 - 3.1. Use of iron weights on the aerobic floor is prohibited
 - 3.2. All the rules of section 1 apply here as well.
 - 3.3. No group activities e.g. children coming to dance, etc. may commence without the appropriate permission having been obtained.
 - 3.4. Use of any equipment or the pursuit of any activity which could damage the wooden floor is prohibited.

4. The following rules apply with regards to the use of the squash court:
 - 4.1. Only recognized squash court shoes permitted.
 - 4.2. Home owners may not permit non-owners access to the court without playing themselves,
 - 4.3. The squash court is reserved for home owners and the person against whom they will be playing.
 - 4.4. The squash court may not be used for any activity which may cause damage to the surface of the court.
 - 4.5. Children are not permitted access to the squash court whilst their supervisor is exercising for any reason other than playing squash.
 - 4.6. The reservation system/protocols must be adhered to at all times.
 - 4.7. No food or fluids permitted on the squash court.
 - 4.8. All rules of section 1 apply to the squash court as well.
 - 4.9. Use of the squash court between 22h00 at night and 06h00 in the morning is prohibited.
 - 4.10. No other strike instruments e.g. tennis racquets may be used to play squash.

5. Use of Radio and TV:
 - 5.1. The volume of the radio is constant. We will unfortunately not be able to accede to requests to adjust the volume to louder or softer as this may lead to misunderstanding amongst members.
 - 5.2. Members should not change music playing in the gymnasium without consulting other members already exercising prior to their arrival. The same rule applies to TV channels.
 - 5.3. Members bringing along their own music to the gymnasium must at all times, gain permission to place same on the system whilst other members are exercising.
 - 5.4. Only either the radio or the television may be heard at any one time, not both. Preference shall be determined on a "first come first served" basis.

6. Bathrooms:
 - 6.1. Bathrooms to be left clean and tidy at all times by members,
 - 6.2. Showers are for use after exercise sessions only.
 - 6.3. No member shall make use of the bathrooms in such a manner as to offend any other user(s) of the facility.

7. Cardio vascular equipment:
 - 7.1. All rules as per section 1 apply.
 - 7.2. Members must ensure that any perspiration appearing on equipment they used be wiped down thoroughly.
 - 7.3. Water may not be used to clean the equipment after use. Spray bottles with suitable cleaning fluid is available for use.
 - 7.4. Members are only permitted 20 min on cardio vascular equipment. Following that the member may use the equipment again provided that no other member is waiting to use it.
 - 7.5. The 20 minutes do not apply to the "watt bikes". Watt bikes work on a booking system.
 - 7.6. A member may not move away from any piece of equipment without ensuring that it has been switched off.

8. Power Equipment:

- 8.1. Equipment may not be used in any way that may cause damage to the equipment itself or any part of the gymnasium e.g. bashing of equipment or dropping/throwing down hand weights onto the mat.
- 8.2. Equipment may only be used for its express purpose.
- 8.3. No more than two items of equipment may be utilized by one member at any one time.
- 8.4. No equipment may be utilized by a member for longer than 10 min at a time.
- 8.5. Members must ensure that any perspiration appearing on equipment they used be wiped down thoroughly.
- 8.6. All rules as per section 1 apply.

9. Right of admission:

- 9.1. Only home owners, permanently residing within Kanonberg, and their dependent children over the age of 14 permanently residing with them, have 24h access to the gymnasium.
- 9.2. No home owner may permit entry to the gymnasium to anyone not conforming to above mentioned criteria.
- 9.3. Tenants and their dependent children residing with them, with a rental contract of 6 months or longer will have access to the gymnasium if their landlord transferred his/her rights to them.
- 9.4. Boarders do not have automatic access to the gymnasium and have to join the gymnasium as "outside members"
- 9.5. Visitors to homeowners (or tenants as in 9.3) and who sleep over with the relevant home owner may use the gymnasium only under supervision of the home owner and only on an irregular basis for a maximum period of two .
- 9.6. Day visitors may accompany the home owner being visited to the gymnasium, but no more than 3 times per month.
- 9.7. Only one day visitor per home owner allowed at all times.

10. Swimming Pool:

- 10.1. All rules as per section 1 apply.
- 10.2. The use of the swimming pool is at own risk.
- 10.3. Children under the age of 14 may not use the swimming pool without parental supervision.
- 10.4. Persons availing themselves of the swimming pool must ensure that their use of the facility does not impact negatively on other users.
- 10.5. No babies/toddlers are permitted in the swimming pool wearing a standard type nappy. Special swimming nappies only to be used.
- 10.6. No fluids or glass products permitted in the swimming pool.
- 10.7. No plastic products other than balls, inflatable toys, aqua joggers or pool noodles permitted in the swimming pool. Permission from the gymnasium manager is required prior to use of any other items in the pool.
- 10.8. Poolside furniture may only be used for its specific purpose.
- 10.9. Littering is strictly prohibited.
- 10.10. No persons permitted on the wall surrounding the swimming pool.
- 10.11. No animals permitted in the swimming pool area.
- 10.12. Use of alcohol as well as smoking of cigarettes and cigars in swimming pool area is strictly prohibited.
- 10.13. Consuming food in the swimming pool is prohibited.
- 10.14. Persons making use of the swimming pool, including children, must at all times wear swimming apparel.
- 10.15. Babies/toddlers may not have nappy changes alongside the swimming pool, bathrooms adjacent to the swimming pool to be used for this.