

FISHGUARD AND GOODWICK JEMIMA ROWING CLUB

Concept 2 machines usage



These machines are for the sole use of FGJRC members only.

All members must have induction training by a member of the Committee before using the Concept 2 machines. In order to arrange your induction, please contact: Martha on 07985 225940/ fgjrcchair@gmail.com or Yasmin on 07900 938281/ fgjrcsec@gmail.com

In order to ensure your safety and the efficient cleanliness of the rowing machines:

- * please wipe down the runners and the shaft which the seat runs on before **and** after each use.
- * please wipe down the seat and the handlebar

DO NOT SPRAY THE MONITOR. We have been told this by the manufacturer as it would affect the working of the monitor.

Cleaning materials are made available for your use – please dispose of the wipes or disposable cloths appropriately and let Martha (07985 225940) or Yasmin (07900 938281) if you notice that anything is running low.

These machines are not suitable for the use of anyone over 20 stone (280lb/125kg) and are liable to be damaged if abused in this way.

Please keep the window open whilst exercising and remember to close it afterwards.

You may use the first two toilets but please note that the cloakrooms and urinals are not yet available for use.

Please respect the equipment – it's new and expensive and we want it to remain available to all members!

Please remember to use the QR code (or the logging in/out book) each time you visit.

We look forward to seeing you on the machines and hope to train together. If you would like some training advice, please speak to the Committee member during your induction training.