SAUNA, RECOVERY & REFORMER PILATES POLICY

Train smart. Recover stronger.

This policy forms part of the Build Training Membership Agreement and applies to all members and visitors using Build Training's sauna, recovery equipment and Reformer Pilates facilities. This policy must be read in conjunction with the Membership Agreement and any other applicable Build Training policies.

1. Scope and access

- Access is limited to persons whose membership or booking includes the relevant service.
- A required induction must be completed before first use.
- Bookings and use of these facilities are only available during the times published by Build Training
- Capacity limits and age restrictions must be followed.
- Build Training may restrict access for safety, maintenance, misuse or operational reasons.

2. Bookings and cancellations

Users must comply with Build Training's Booking and Cancellation Policy, including all booking, cancellation, attendance and no-show requirements applicable to these facilities.

3. Health screening and medical advice

- Users are responsible for deciding whether a service is suitable for them and should seek advice from an appropriately qualified health practitioner before use if they have a medical condition, injury, pregnancy, recent surgery, cardiovascular or blood-pressure concern, heat sensitivity or other health uncertainty.
- Staff do not provide medical diagnosis or clearance.

4. General safety rules

- Follow equipment instructions, warning signs and staff directions.
- Do not use facilities while intoxicated, impaired, unwell, dehydrated or affected by a contagious condition.
- Stop immediately if you experience pain, dizziness, nausea, faintness, confusion, breathing difficulty or unusual discomfort.
- Report faults, damage, injury, spills and unsafe conditions immediately.
- Do not use a facility that has been isolated, tagged or marked unavailable.
- Children and non-members must not enter restricted recovery or Reformer areas without approval.

5. Sauna use

- Sauna use is available to persons aged eighteen (18) years and over. Persons aged fifteen (15) to seventeen (17) may use the sauna only when accompanied and actively supervised by a parent/legal guardian.
- Hydrate before and after use and bring water in an approved non-breakable container.
- Wait at least 30 minutes after exercise and ensure you are recovered and rehydrated before using the sauna.
- Use a clean towel on the bench and maintain appropriate clothing.
- Do not pour liquids or place objects on heaters unless the sauna is expressly designed and staff instructions permit it.
- Do not sleep, exercise vigorously, shave, apply oils or use glass containers in the sauna.
- Leave immediately if you feel unwell.
- Session duration and temperature limits displayed at the facility must be observed.
- Alcohol and sauna use must not be combined.

6. Recovery equipment

- Members under eighteen (18) years of age may use recovery equipment only with Build Training's approval and subject to any applicable age, induction, competency and supervision requirements under the Youth Member Policy.

- Use compression, massage and other recovery equipment only as instructed and complete any required induction before first use.
- Check equipment before use and do not use anything that is damaged, wet, leaking, incorrectly connected or marked unavailable.
- Arrive clean or shower after exercising before using the Normatec compression boots
- For Normatec compression boots, start at a comfortable pressure and ensure compression remains firm but not painful.
- Do not use compression equipment if you have a medical condition or other contraindication that may make compression unsuitable unless appropriate medical advice has been obtained.
- Stop immediately if you experience pain, numbness, tingling, dizziness, unusual swelling, changes in skin colour or temperature, breathing difficulty or other unexpected symptoms.
- Do not stand or walk while wearing compression boots. Allow them to fully deflate before removal.
- Do not modify, dismantle or attempt to repair recovery equipment.
- Clean equipment after use, return it to the designated area and report any fault or damage to Build Training.

7. Reformer Pilates

- Members under eighteen (18) years of age may participate in Reformer Pilates only with Build Training's approval and subject to any applicable age, induction, competency and supervision requirements under the Youth Member Policy.
- Complete the required induction before use.
- Use only approved programs and settings within your ability and experience.
- Inspect springs, straps, carriage and foot bar before use.
- Keep hands, hair, clothing and personal items clear of moving parts.
- Grip socks must always be worn, no bare feet whilst in use
- Make only one controlled adjustment at a time and secure the equipment before commencing.
- Do not perform advanced, inverted, standing or unsupported movements unless expressly included in an approved program and within your demonstrated capability.
- Return the Reformer to the required setup and clean all contact surfaces after use.

8. Hygiene and etiquette

- Arrive and finish within the booked period.
- Use a towel and clean equipment after use.
- Wear suitable clothing and footwear or grip socks where required.
- Keep noise and phone use reasonable and respect other users' privacy.
- Remove all personal belongings and dispose of waste appropriately.

9. Emergencies and unsupervised use

Where services are unsupervised, users must know the exits, first-aid arrangements and emergency procedures. In an emergency, stop use, seek assistance and contact emergency services if required

10. Suspension of access

Build Training may refuse or suspend access where a person breaches this policy, misuses equipment, creates a safety risk or fails to complete an induction. Serious or repeated breaches may affect membership access under the Membership Agreement.

11. Consumer rights

Nothing in this policy excludes, restricts or modifies rights or remedies that cannot lawfully be excluded under Australian law.

12. Policy changes

Build Training may reasonably update this policy for safety, legal or operational reasons. A change will not materially increase fees, reduce core membership benefits or introduce a new cancellation burden unless permitted by the Membership Agreement, required by law or accepted by the member. Where reasonably practicable, Build Training will give at least fourteen (14) days' written notice before a material change takes effect. A shorter period may apply where reasonably required for an urgent safety, legal or regulatory reason.