

## Bridge of Allan Sports Club

### CLUB RULES

#### 1. General.

- 1.1. It is the responsibility of the Club Management Committee to ensure Club Rules are updated as required, and are displayed on the Club noticeboard for the benefit of all members and visitors.
- 1.2. It is the responsibility of all members and visitors to ensure that they are aware of the Club Rules.
- 1.3. Anyone aware of any instances of breaches of Club Rules should report them to either the Club Manager, duty staff or a member of the Management Committee.
- 1.4. The Club is not responsible for any loss or damage to personal property or belongings of anyone using the Club premises, including vehicles in the car park.
- 1.5. The Club is not responsible for any personal injury incurred as a result of participating in any sporting activities on the Club premises.
- 1.6. All adult players (and/or parents or guardians of players under 16 years of age) are responsible for ensuring that best practice recommendations, in particularly those relevant to health, safety and well-being, of all relevant sporting bodies are adhered whilst participating in sports activities (e.g. use of protective eye wear).
- 1.7. Offensive or disruptive behaviour is prohibited anywhere within the club facilities or grounds.
- 1.8. Swearing or abusive language or behaviour is prohibited anywhere within the club facilities or grounds.
- 1.9. Suitable sports clothing and footwear must be worn at all times when participating in sports activities.
- 1.10. No food or drink other than drinking water (or energy drinks) is allowed in any of the sport activity areas.
- 1.11. Guests are allowed entry to the Club but must be "signed in" to the Guest Book at the bar by a member (with the exceptions of supervised gymnasium classes, organised events or to attend private sessions under the supervision of staff).
- 1.12. In addition to 1.10 a guest fee is payable on each occasion a guest makes use of the squash, tennis, padel tennis or gymnasium facilities.
- 1.13. All courts may be booked using the Fastcourts website online booking system. (<https://v2.fastcourts.com/clubs/bridge-of-allan-sports-club>).
- 1.14. Court cancellations may also be done via the Fastcourts online booking system.

- 1.15. The start and finish times of all court sessions are determined by the clock in the entrance hall of the Pavilion.
- 1.16. Court bookings will be monitored by the Club Manager to ensure cancellations are for valid and genuine reasons and not due to overbooking to secure courts "just in case". Instances of perceived overbooking will be followed up individually, and may result in 'booking restrictions' being applied to any offenders.

## 2. Lounge and Kitchen.

- 2.1. Entry and use of the Kitchen is prohibited unless authorised by the Club Manager.
- 2.2. Access to/from the Multifunction suite area is permissible via the Lounge area.
- 2.3. Following participation in any sports activity, anyone using the Lounge area must be showered and changed (except for access/egress only to the Multifunction suite area for gym classes).
- 2.4. The servery hatch at the bar should be used if required by personnel unable to comply with Rule 2.2.
- 2.5. Sports equipment is not allowed in the Lounge, and should be left in the changing rooms.
- 2.6. Juniors (i.e. under 16 years of age) are prohibited from using the bar, unless accompanied by an adult member, and should use the servery hatch.

## 3. Changing rooms and shower area.

- 3.1. No personal belongings (including sports equipment) are to be left in the changing areas overnight.
- 3.2. Personnel must dry off in the shower area to avoid getting the floor of the changing area wet.

## 4. Sauna.

- 4.1. Personnel using the sauna must be over 16 years of age.
- 4.2. Both males and females may use the Sauna simultaneously.
- 4.3. Personnel must shower prior to entering the sauna.
- 4.4. Swimwear or equivalent covering must be worn at all times in the sauna area.
- 4.5. A towel must be used for sitting/lying on the benches inside the sauna.
- 4.6. In the interests of hygiene, shaving is not permitted in the Sauna.

5. Multifunction suite.

- 5.1. Bookings, hire and use of the Multifunction suite will be strictly controlled by the Club Manager.
- 5.2. No food or drinks are allowed to be taken into the Multifunction suite, except for Club functions as authorised by the Club Manager.
- 5.3. Table tennis may be played in the Multifunction suite by arrangement with on duty staff, depending upon availability.

6. Gymsnasiums.

- 6.1. All personnel must complete the Club gymnasium user disclaimer proforma prior to using the gymnasiums, and acknowledge that they are familiar with the use of equipment that they intend to use (Induction familiarisation will be arranged if required).
- 6.2. All personnel intending to use the gymnasium facilities must declare any medical conditions that may restrict or prohibit use of the gymnasium equipment, and adhere to any restrictions.
- 6.3. Personnel using the Club TRX equipment out with supervised classes must comply with the TRX Equipment Control procedure retained by bar staff.
- 6.4. Junior Members under 13 years are not permitted to use the gymnasiums.
- 6.5. Junior Members under 16 years and older than 13 years (i.e. between 13-16 years of age) are permitted to use the gymnasium areas only if accompanied and supervised by a senior member at all times, and may only use aerobic equipment (i.e. are prohibited from using free weights and resistance equipment).
- 6.6. In the interests of hygiene and courtesy to other users, all personnel shall ensure equipment and surfaces are thoroughly cleaned after use with disposable paper tissues and disinfectant provided.
- 6.7. All portable gymnasium equipment such as free weights, dumbbells', etc. must be returned to the correct storage locations and personnel using the gymnasium areas are required to ensure they are kept safe and tidy at all times.

## 7. Tennis.

7.1. All players must remain respectful of housing adjacent to the Club boundary.

7.2. Noise must be minimised by refraining from shouting.

7.3. All players must use the equipment supplied to net and brush the lines after every session played on the clay courts. If there is doubt over the playability of the clay members must ask the manager, committee member or groundsman (whoever is available) prior to play. Members who play on the clay do so at their own risk.

7.4. All players must wear tennis shoes without heels or flat-soled sports shoes without ribs, and must remove these before entering the Pavilion following play.

7.5. The Manager has the right to reserve the Courts for matches, coaching sessions or any other purpose. One court shall be kept available at all times for members where possible.

7.6. No tennis matches shall be played against other teams except with the approval of the Tennis Convenor or Club Manager.

7.7. The Tennis Courts must not be used for any purpose not authorized by the Club Manager or Management Committee.

7.8. Cancellation of a booking must be made at the earliest opportunity prior to the time of the booked session.

7.9. Under no circumstances may both courts be used with only one set of floodlights in use.

7.10. Strictly no play after 10pm, and floodlights must be switched off by 10pm.

7.11. Courts can be booked in half hour slots. A maximum of two slots can be booked consecutively for singles play and a maximum of three for doubles play. If courts remain free of bookings afterwards members are permitted to continue playing if they wish.

7.12. Members are not permitted to book clay and all weather courts at the same times.

7.13. Team matches will take priority over bookings on the all-weather in the event of inclement weather. Members who have existing bookings will be notified at the earliest opportunity. The exception to this is if club coaching, which is part of the club coaching programme, has been arranged. In such instances the Coach will have priority.

8. Padel.

- 8.1. All players must remain respectful of housing adjacent to the Club boundary.
- 8.2. Noise must be minimised by refraining from shouting.
- 8.3. Practice shots must not be made against the glass walls.
- 8.4. Players must refrain from any form of racket abuse.
- 8.5. Strictly no play allowed between 10pm and 10am.
- 8.6. Rules 8.1 to 8.6 are conditions of Planning Consent and will be strictly enforced by on duty staff, if necessary by terminating games.
- 8.7. The Management Committee shall ensure that Rules 8.1 to 8.6 are communicated to all staff and players.

9. Squash and Racquetball.

- 9.1. Only non-marking sports shoes may be used on court. Players should ensure that their footwear is free of grit, and not been used outdoors.
- 9.2. The Management Committee has the right to reserve the Courts for matches, coaching sessions or any other purpose. Where possible, one court shall be kept available at all times for members.
- 9.3. The Courts must not be used for any purpose other than squash or racquetball unless authorized by the Management Committee.
- 9.4. In the interests of safety, play will be in accordance with the rules of the game as laid down by the International Squash Rackets Federation.
- 9.5. Prior to opening the Fire door in the corridor to access Courts 3 and 4, all personnel should wait until the rally in progress is completed and refrain from distracting players on court.

Reference may also be made to the following related Guidelines, Policies and Procedures.

- Club Constitution.
- Disciplinary Procedure.
- Complaints Procedure.
- Child Protection Policy.

Approved on behalf of the Management Committee:

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(President)