



ANNEXURE A | GYMNASIUM RULES (Revised: September 2024)

1. General rules of use

- 1.1 The Kanonberg Homeowners Association (HOA) and its members, employees, agents, and representatives do not accept any liability whatsoever for any injury or death to any person or loss, destruction of, or damage to any property arising from the use of the swimming pool, gymnasium, and lifestyle centre regardless of the cause thereof.
- 1.2 The 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 be fully clothed at all times. Exercising without a shirt is prohibited.
- 1.6 All equipment must be returned to its 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.

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 and 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 means that the person supervising must remain with the child and may, unfortunately, not exercise themselves (e.g., cycling or squash) while the child is using equipment.
- 2.3 Kicking of balls in the gymnasium is strictly prohibited as the balls are sucked into the treadmills, creating a risk of serious injury to users.
- 2.4 Use of towels and closed shoes also applies to children under the age of 14.
- 2.5 Children may not play in the gymnasium while their parents or supervisors exercise.
- 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.
- 2.8 The following rules regarding the use of the space on the mezzanine floor apply to all members. The use of iron weights on the aerobic floor is prohibited.
- 2.9 All the rules of paragraph 1 of this annexure apply here as well.
- 2.10 No group activities, e.g., children coming to dance, etc., may commence without the appropriate permission having been obtained.
- 2.11 Use of any equipment or the pursuit of any activity that could damage the wooden floor is prohibited.

3. The following rules regarding the use of the of the mezzanine space apply to all members:

- 3.1 Use of ironed weights on the aerobic floor is permitted
- 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.
- 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 to the use of the squash court

- 4.1 Only recognised squash court shoes are permitted.
- 4.2 Homeowners may not permit non-owners access to the court without playing themselves.

- 4.3 The squash court is reserved for homeowners 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. Reservations must be made on GLOCMS using the facility booking button and one day in advance.
- 4.7 All the rules of paragraph 1 of this annexure apply here as well.
- 4.8 Use of the squash court between 22H00 at night and 06H00 in the morning is prohibited.
- 4.9 No other strike instruments, e.g., tennis racquets, may be used to play squash.

5. Use of Radio and TV

- 5.1 The volume and channels of the radio and televisions may not be changed. Unfortunately, gym personnel will not be able to accommodate requests to adjust the volume.
- 5.2 Members should not change the music playing in the gymnasium without consulting other members already exercising before their arrival. The same rule applies to TV channels.
- 5.3 Members bringing along their music to the gymnasium must always gain permission to play it on the system while other members are exercising.
- 5.4 Only the radio or the television may be heard at any time, not both. Preference shall be determined on a "first come, first served" basis.

6. Bathrooms

- 6.1 Bathrooms are to be left clean and tidy at all times.
- 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. Cardiovascular equipment

- 7.1 All the rules of paragraph 1 of this annexure also apply here.
- 7.2 Members must ensure that any perspiration appearing on their equipment is wiped down thoroughly.
- 7.3 Water may not be used to clean the equipment after use. Spray bottles with suitable cleaning fluid are available.
- 7.4 Members are only permitted 20 minutes on cardiovascular 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 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 A member may utilize no equipment for longer than 10 minutes at a time.
- 8.5 Members must ensure that any perspiration appearing on equipment they use is wiped down thoroughly.
- 8.6 All the rules of paragraph 1 of this annexure also apply here.

9. Right of admission

- 9.1 Only homeowners permanently residing within Kanonberg and their dependent children over the age of 14 permanently residing with them have 24-hour access to the gymnasium.
- 9.2 No homeowner may permit entry to the gymnasium to anyone not conforming to the above-mentioned criteria.

- 9.3 Visitors to homeowners who sleep over with the relevant homeowner may use the gymnasium only under the supervision of the homeowner and only on an irregular basis for a maximum period of two weeks.
- 9.6 Day visitors may accompany the homeowner when visiting the gymnasium, but no more than 3 times per month.
- 9.7 Only one day visitor per homeowner is allowed at all times.

10. Swimming pool

- 10.1 All the rules of paragraphs 1 and 9 of this Annexure apply here as well.
- 10.2 The use of the swimming pool is at its own risk.
- 10.3 Children under the age of 14 may not use the swimming pool without parental/adult 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 are to be used.
- 10.6 No fluids/liquids or glass products permitted in the swimming pool.
- 10.7 No plastic products other than balls, inflatable toys, aqua joggers, or pool noodles are permitted in the swimming pool. Permission from the Estate Manager is required before 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 are permitted on the wall surrounding the swimming pool.
- 10.11 No animals are permitted in the swimming pool area.
- 10.12 The use of alcohol as well as the smoking of cigarettes and cigars in the 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 are to be used for this purpose.

11. **Lodgers**

Lodger refers to a permanent lodger in Kanonberg with a minimum contract of 6 months with the relevant property owner. "Lodgers" refers to individuals who rent a property or a part of a property where the property owner still resides on the premises.

- 11.1 Only two lodger gymnasium members per property are allowed.
- 11.2 The lodger will join THE Gym Manager as a "Lodger member", and the relevant owner must sign the form.
- 11.3 Membership fees: EXCOM, in cooperation with the Gym Manager, will determine the membership fee. The lodger member must pay the fees.
- 11.4 All gymnasium rules will apply to permanent residents, except that the lodger member may not take guests to the gymnasium.
- 11.5 A maximum of 10 lodger members will be allowed.