



House Rules

1 Rules of Conduct

In the interest of security, safety and overall health, we have put together a couple of “House Rules” to ensure that you have a good time while exercising. Our house rules may change occasionally, but we’ll be sure to let you know of any changes in advance by updating the house rules document on our website (www.activeexplosive.co.za). Should you be in constant breach of the house rules, Active Explosive reserves the right to terminate the agreement between ourselves and you with immediate effect and without providing any refund.

2 For your own good

- All clients are expected to check with their healthcare providers before starting a new fitness programme and obtain medical clearance if necessary
- Should you experience acute pain, dizziness, sudden headache or chest pain, stop exercising immediately and let the instructor know
- You also need to let the instructor know if you start taking any medication (ie, Asthma medication, etc)

3 The boring stuff

- Monthly fees are payable by no later than the 3rd of every month
- No training on the premises of Hobby Park outside the stipulated Active Explosive training times, unless prior arranged or the day/entrance rate due to Hobby Park was paid
- No smoking, alcohol or drugs are permitted at the training grounds
- No foul or abusive language
- You will be held liable for any damage caused by you or your dependants to training equipment or damage caused to property
- Suitable and appropriate exercise clothing must be worn at all times
- The use of the provided parking space is at own risk
- Don’t leave any belongings unattended
- Please use the equipment for its intended purpose and inspect equipment before use. Do not use equipment if it appears to be broken or damaged
- Kids are always welcome but remain the responsibility of the parents and no playing on the training equipment allowed during training sessions
- Active Explosive’s Whatsapp communication groups are intended for communication purposes
 - Members may use the groups to post uplifting and motivational messages only
 - Out of consideration for all, kindly refrain from posting between 20h00 and 06h00 and be cognisant of huge files and data usage