



SPORTS RULES (Rule 31)

The Club's Rules relating to Squash, Swimming, Fencing, Snooker, Studio and Gym use and other sports and games are displayed below and may change periodically, as determined by Council. Members are responsible for keeping up to date with the relevant information and are expected to follow the Club's Rules displayed below.

Sports Cancellation Policy

The Lansdowne Club operates a 24-hour cancellation policy on all classes, training sessions and squash courts. Members must contact the sports reception more than 24 hours prior to their appointment to avoid cancellation charges.

Swimming Pool

We operate lane swimming, and we ask all Members to adhere to the slow, middle and fast lane allocations and signs at the poolside.

Should one lane be occupied by two Members, we request that Members remain on one side of the lane and swim up and down that side. Should a third person join, we request that you swim in a clockwise direction.

Squash

All players must have appropriate, non-marking squash shoes in order to play. There is a £50 fine for improper shoes on court. If in doubt, please ask at sports reception where they can check your shoes for you or you can purchase/rent appropriate squash shoes.

Fencing

- a) In order to fence at the Lansdowne Salle d'Armes, Club Members must first obtain Fencing Club membership. To join the Fencing Club, Lansdowne Members pay an additional annual fee which is arranged through the Club's Membership Team.
- b) The Fencing Club has a set of rules which all Members are required to follow, relating to safety and the use of the space, and any other relevant matters. New Members receive a copy of the rules when they join the Fencing Club, which are also displayed on the notice board in the salle.
- c) Members who wish to learn to fence can either attend the beginner courses or arrange for private lessons with one of the Club's coaches. Details of both can be obtained from the sports desk.

Gym Equipment

A gym induction is required before Members may use the gym equipment. Members should ask the sports staff if they are unclear as to how to safely use any equipment.

Please wipe down equipment after use.

Please replace weights and don't drop them as it is a safety hazard and may disturb others.

Dress

Members and guests are required to follow the Club's dress code in the gym areas.



The Lansdowne Club

Etiquette

Appropriate behaviour is required at all times so as not to jeopardise your safety or the safety of others.

The Club rules related to phone/device use apply in the sports areas. Playing music or training videos on personal devices should only be done with headphones, whether in the sports areas or changing rooms, so as not to disturb other Members.

Personal items, including trainers should not be left unattended in the changing rooms, and may be removed.

Information about lockers can be found in **Rule 32**.