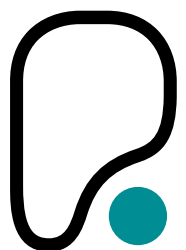


***IMPORTANT  
INFORMATION  
FOR USING THE  
GYM DURING  
UNSTAFFED  
HOURS***

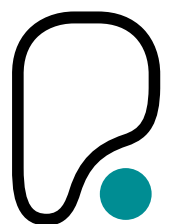
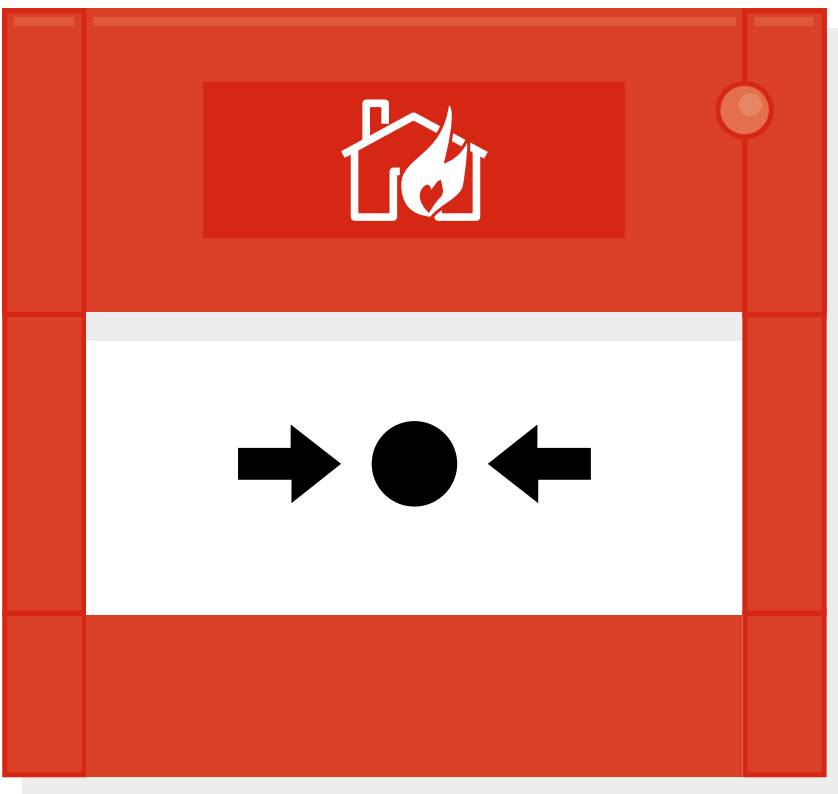




***IF YOU  
SUSPECT  
A FIRE***

Press the nearest red fire call point.

## Red fire call point





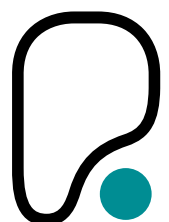
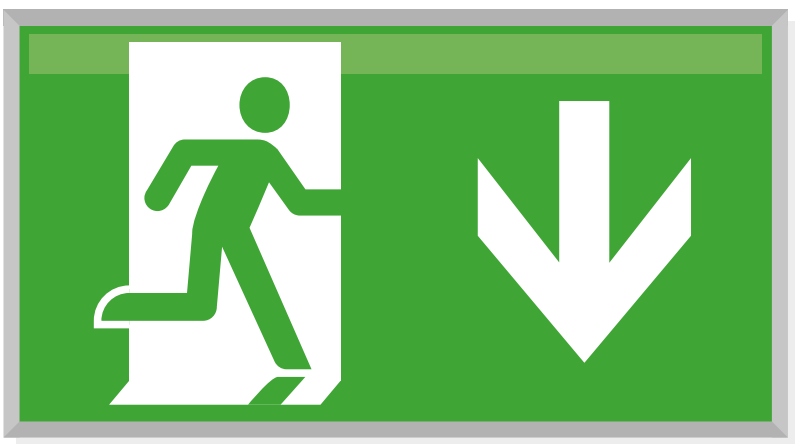
***IN THE EVENT OF  
THE FIRE ALARM  
SOUNDING***

Please evacuate the gym through the nearest and safest exit and make your way to the assembly point.



**DO NOT go back into the changing rooms to collect your belongings**

**Fire exit direction**

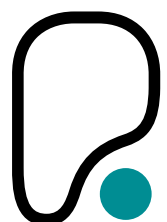
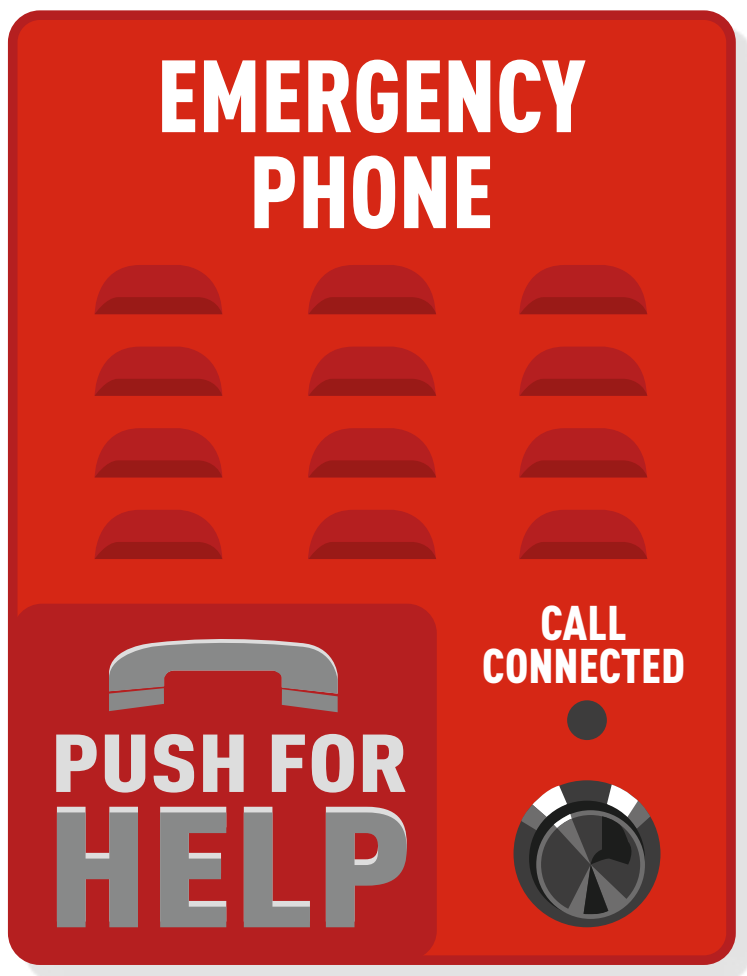




***IN THE EVENT OF  
AN ACCIDENT OR  
IF YOU OR SOMEONE  
ELSE IS IN NEED  
OF MEDICAL  
ASSISTANCE***

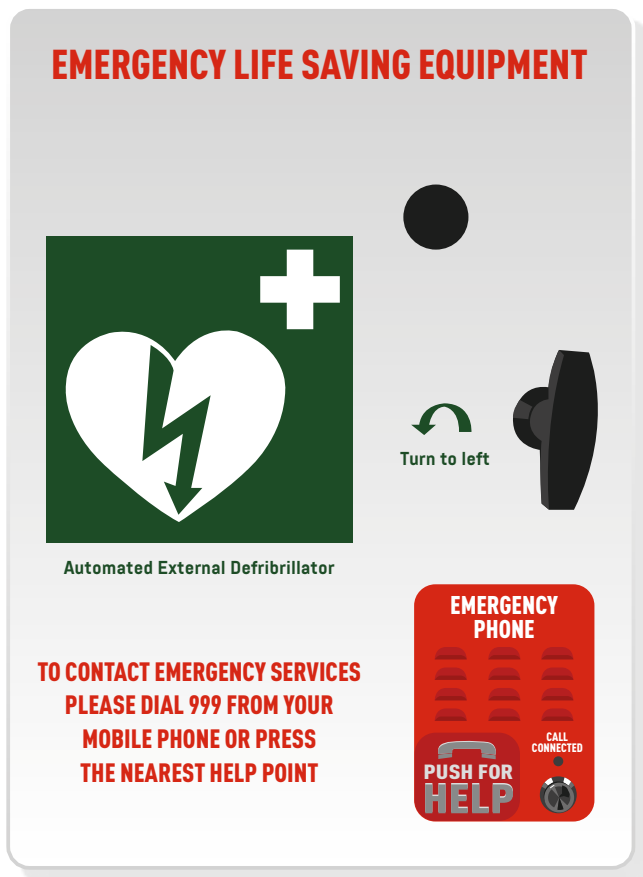
Please contact the out of hours team by using a red help point.

### Red help point

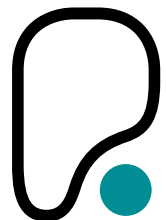


An automatic defibrillator  
and first aid box are  
also available.

**Defibrillator**



**First aid box**





# ***IN NEED OF SOME GENERAL ASSISTANCE?***

Please contact the out of hours team by using a red help point or by dialling **02030054776**.



Our team have remote  
CCTV access

