

Adult Fitness Equipment Examples





FRESH AIR GYM FACILITY SAFETY NOTICE

- This is **NOT** children's play equipment.
- Users use this equipment at their own risk.
- Maximum height for use of this equipment is 1400mm (4ft 7in).
- The equipment is intended for use by youths and adults.
- Only one person at a time at each user station.
- Read and follow the instructions on each piece of equipment before use.
- If you have any doubts about your health or fitness, consult a doctor or training professional before use.
- Avoid over exertion and stop if you feel faint or dizzy.
- Keep well hydrated, particularly on warm days.
- Do not use under the influence of alcohol or drugs.
- Please use equipment with respect.
- Stand clear when equipment is in use.
- Do not use if the equipment is damaged or broken and report the damage.

In case of emergency, call 999
This facility is located at
WELLS RECREATION GROUND, SILVER STREET, BAS HUS
For contact & enquiries
Tel: 0300 303 8588