

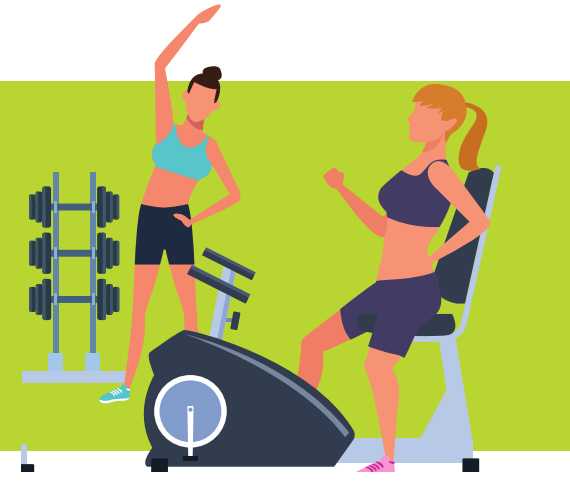
# Gym Rules

Exercising in a gym during rough seas can pose potential safety hazards, so it's important to follow safety guidelines and use equipment cautiously. Gyms will be closed during excessive vessel motion.

Here are a few safety rules for using gym equipment on floating assets

**# 1**

Use equipment that is securely fastened and stable to prevent it from moving or tipping over.



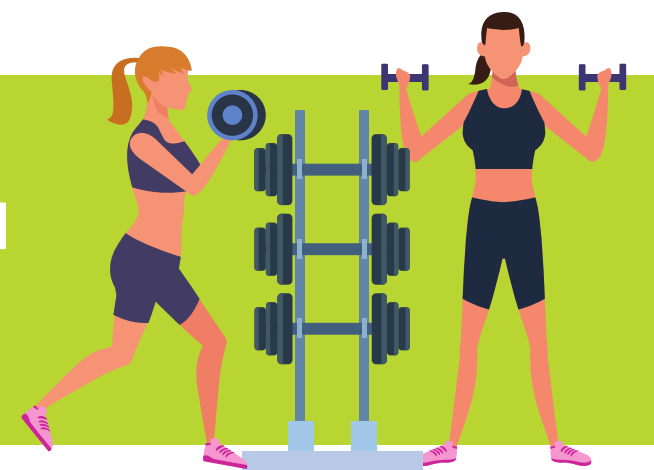
**# 2**

Avoid using heavy weights that could cause injury if dropped or moved unexpectedly



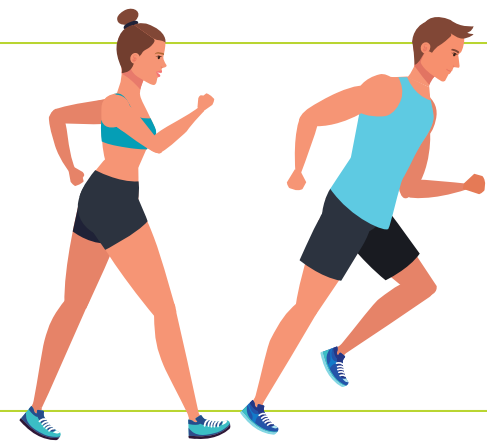
**# 3**

Maintain a firm grip on equipment at all times and avoid sudden movements or jerky motions.



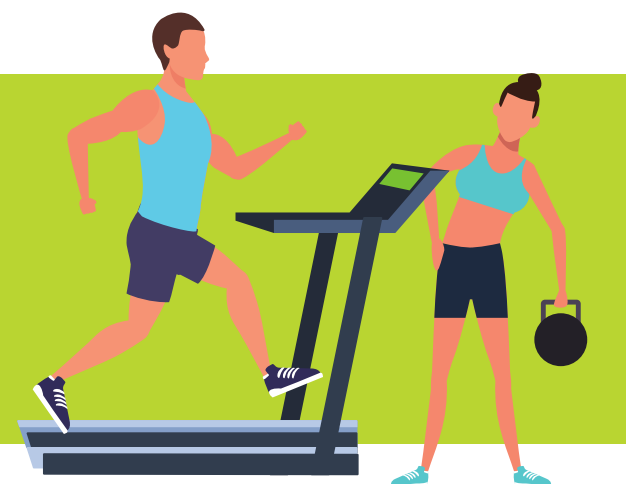
**# 4**

Wear appropriate footwear with good grip to prevent slipping or sliding.



**# 5**

Use caution when moving between equipment or changing positions to avoid losing balance.



**# 6**

Be aware of your surroundings and any movements of the installation, anticipate potential hazards.

