



SYDNEYCENTRAL
477 PITT STREET



FITPOINT
BY ISPT

USER GUIDE



ISPT AND THE BUILDING MANAGEMENT TEAM ARE PLEASED TO WELCOME YOU TO FITPOINT, YOUR NEW END-OF-TRIP FACILITIES AT SYDNEY CENTRAL, 477 PITT STREET, SYDNEY.

With ISPT's ongoing focus on our customer's wellbeing and fitness, FitPoint has been designed to provide a first class, comfortable change room environment.

Whether you cycle to and from work, hit the gym at lunch, attend one of the free health and fitness classes or enjoy the many walking and running tracks in the city, FitPoint will ensure you are ready for the day ahead.

The facility includes secure bicycle storage, showers, change amenities and lockers. The change rooms come fully equipped with ironing stations, drying cupboards, hair dryers, hair straighteners and a complimentary towel service.

This guide will help answer any questions you may have about FitPoint.

Location

FitPoint is located on Level B2.

Use the glass lift on ground floor next to the lobby cafe to access B2.



Lockers

153 female lockers and 214 male lockers have been installed inside the change rooms. Lockers are available for casual use for Sydney Central occupants only and are allocated on a first come, first served basis.

Any locker with a green light can be considered available for casual use. Users will be required to place their access card against the (o) icon to unlock and lock it.

All lockers will expire at 8:00 pm each Friday, releasing the locking mechanism. Please note, any items remaining in the lockers will be removed by cleaning staff each week.

As there are limited lockers available, please be mindful of your colleagues and free up lockers when not in use.

Please note that the following usage terms should be adhered to when using the lockers:

- Do not store valuable items in your locker
- Do not store items on the top of the lockers
- Food or any items with a strong odour should not be kept in lockers
- Do not store dangerous goods or chemicals in your locker
- Do not hang any items from locker doors or structure
- No signage is to be applied to any locker

Should any of the above usage terms be disregarded, the user will be notified and access denied if issues persist. Building management does not accept responsibility for any items stored in the lockers or change room areas.

LOCKERS

How to use the lockers and your access card:

Look for a locker with a green light and follow these instructions.

To Unlock

- Place access card against (o) icon

To Lock

- Place access card against (o) icon
- Turn knob to the right

Note: All lockers will automatically open at 8pm every Friday.





Towels

A complimentary fresh towel service is available to FitPoint users with towels located on the shelving units in each of the male and female change rooms. Serviced by *FreshLocker*, used towels should be placed in the chute for daily laundering. The towels remain the property of the *FreshLocker* and any stolen or misplaced towels may incur additional charges. Please ensure personal towels or other soiled items are not placed in the chute.

Ironing

Ironing facilities are provided in both the male and female change rooms in labelled cupboards.



Drying Cupboards

Drying cupboards for wet or damp items are provided in the entry area to each change room. All items should be removed from the cupboards at the end of each week. Any items remaining in the drying cupboards will be removed by the cleaning staff every Friday evening.

Further instruction is available in the cupboard.



Personal Care Items

A range of personal supplies will be available via the vending machine including cycling accessories, personal and sanitary products, toiletry packs and healthy drinks and snacks. Hair dryers and straighteners are also provided for your convenience.

FACILITIES



Showers

The male amenities have 16 showers and the female amenities have 10 showers. The showers include a complimentary all in one body wash / shampoo / conditioner product.



Bicycle Entry

Bicycle access is through the car park entrance via Parker Street. Follow the blue marked pathway.

Disabled Access

For disabled access please contact the security desk, located on the ground floor.



Bicycle Storage

Bike racks are allocated on a first come, first served basis. Bicycle owners must provide their own locks to secure their bicycle to the racks provided. Please remove locks from racks after use to allow other users to use the rack.

A bicycle maintenance unit and pump is provided for minor repairs. Any oil or grease on the floor should be reported to building management as soon as possible.

FACILITIES

Access Cards

All active building access cardholders to Sydney Central have access to FitPoint and bike storage. Please note that the use of these facilities is for occupants of Sydney Central ONLY and users must not provide access to any unauthorised persons.

Security

CCTV cameras are installed outside the facility and bicycle storage area. To preserve and protect these facilities, please do not allow any persons to 'tailgate' or be provided access without valid authorisation. A duress button that will instantly notify building security has been installed in both the male and female change rooms and is located next to the entry door inside the change room area.

Maintenance and Cleaning

The amenities will be cleaned regularly. For the comfort of all users we ask that you store all belongings in a locker while using the facilities. Please notify building management of any urgent maintenance or cleaning requirements via the building management helpdesk or visit the security desk, located on the ground floor.





Feedback and Questions

We welcome your feedback on these new facilities. Please direct any suggestions or questions to building management via customerexperience@sydneycentralbuilding.com.au



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