



[Knowledge Base](#) > [Gym Management Software](#) > [Manage Your Athletes](#) > [Athlete DND](#)

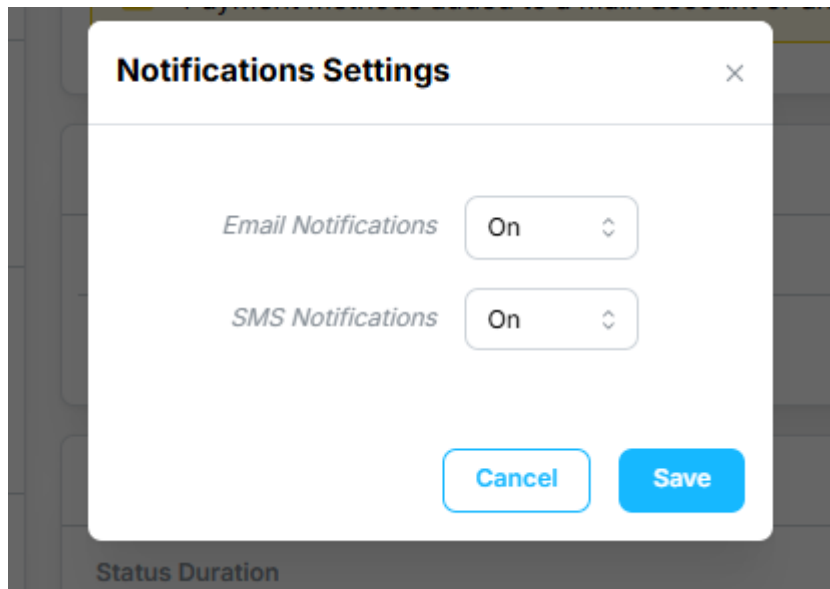
Athlete DND

Mavilyn Carlos - 2026-09-08 - [Manage Your Athletes](#)

You asked and Kilo delivered! Kilo GMS now has the ability to suppress / DND (Do Not Disturb) an Athlete from both email and SMS notifications.

To DND an Athlete so they no longer receive email and/or SMS messages from your GMS system, go to the Athlete's Profile and:

- a. Click on the blue **Actions** button
- b. Click **Notification Settings**
- c. Click "Off" on notification type Athlete has requested to DND.



- d. Click "Save"

If an athlete requests to receive notifications after they have been turned off, you may simply enable the notifications and save the changes.

Please note:

Enabling DND in Gym Lead Machine (GLM) does not turn off (DND) Athlete notifications in GMS or vice-versa.

If you have further questions about notification suppression / (DND) in Kilo, please contact our Support team at hello@usekilo.com.