

AVOCA BEACH SLSC GYM

The Avoca Beach SLSC Gym is equipped and designed to encourage Members to attain and maintain quality physical health.

This Guideline Information Sheets is to help Members be responsible for the care and maintenance of the gym.

The reasons for the Guidelines are:

- Legality
- Gym security
- Gym cleanliness.

These Guidelines are to be enforced because of directions from legal advice re Public Liability Insurance, Corporate Insurance and SLSC's use of Association Equipment Policy.

The Gym is not a facility for the general public.

1. Only current financial Members of Avoca Beach SLSC can enter the gym (do not invite non-financial Members or non-club member's entry to the gym);
2. The gym is out of bounds to Under 15 competitors (non-bronze holders) unless under the supervision of their sectional coach;
3. Gym entry is via the keypad passage door located near the change rooms (not via the double doors). Please ensure that the door is kept closed and not left ajar;
4. Members are to supply their own sweat towel and water bottles;
5. No food, glass bottles or cans are permitted inside the gym;
6. Suitable training clothing to be worn at all times, ie shorts, training shirts, enclosed footwear;
7. No free weights or bars to be rested or placed on benches;
8. Replace all equipment – weights, bars, benches, bikes etc to their correct location;
9. Wipe down and remove excess sweat from all machinery, weights and benches with the sprays and towels provided to prevent rust buildup and hygiene;
10. Report any breakages or repairs required to the gym coordinator and place an 'out of order' on the equipment to prevent any member injury;
11. Training squads (eg ski, board, masters) can book a time slot with the gym coordinator.
12. Training squads will have the complete rights to the gym at their designated training time slot (revised each month) as listed on the booking sheet/board. Individuals can enter the gym at any time, but if that time clashes with a training squad, permission to co-use the gym must be sanctioned by the Training Coach;
13. If a training squad does not keep to their designated time slot, after two absentees, that group will forfeit their time position and will need to reapply for a time slot, or be placed on a waiting list if time slots clash.