

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.



Avoca Beach Surf Lifesaving Club Inc.

Registered Charity No. 2353

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www.avocabeachslssc.asn.au

Brett Hunter, Dir of Administration, 0410 630 222

Surf Club Gymnasium Membership Form

Name: _____

Address: _____

DOB: _____ SEX: _____

PHONE: (w) _____ (h) _____

I acknowledge that I have read the club's **"Terms and Conditions for the use of Club Gymnasium"** and agree to be bound by those Terms and Conditions.

Signed _____ Date _____

Witness _____ Date _____

Guardian _____ Date _____
(if under 18 years)

Terms and Conditions for the use of ABSLSC Club Gymnasium

Attaching to and forming part of my membership form.

I, _____ acknowledge that this agreement is legally binding and I have read all the Terms and Conditions outlined below.

1. I waive all claims or causes of action which I might otherwise have arising out of loss or life or injury, damage or any other loss, which I may suffer in the course of or consequent upon my entry or participation in any activities in the Centre.
2. This waiver, release and discharge shall operate separately in favour of any person involved in the ownership and/or operation of the Gymnasium. The waiver shall operate whether or not the loss, injury or damage is attributable to the act or neglect of any one or more of such persons.
3. I acknowledge that I will comply with any reasonable direction of the officials and staff of the Club in relation to:
 - (a) entry and exit to and from the Centre
 - (b) the use of the facilities and equipment in the Gymnasium;
 - (c) my behaviour and conduct whilst on the premises
4. I acknowledge that I have sole responsibility for my personal possessions and athletic equipment whilst at the Gymnasium or during its related activities.
5. I consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness whilst on the premises. It is suggested that all persons seek medical advice and obtain a medical clearance prior to engaging in physical exercise.
6. I am aware that the use of the gymnasium and its facilities may involve strenuous activity that can be physically demanding and that exercise and the equipment used is potentially dangerous.
7. I agree that I am in a good state of health and I am medically fit to use the gymnasium facilities and there is no medical reason to prevent me from proceeding with the use of the gymnasium facilities without endangering my health.
8. I agree to conduct myself in an orderly and proper manner and not engage in conduct, which could cause harm, create a hazard or nuisance to other members.
9. I acknowledge that the club cannot warrant the safety and suitability of the gymnasium equipment.
10. I hereby assume all risks associated with the use of the use of the premises and facilities.
11. I have undertaken an orientation tour of the gymnasium.
12. I acknowledge that no instruction and/or supervision is provided by club officials.

Signed _____

Date _____

Witness _____

Date _____

Guardian _____
(If under 18 years)

Date _____