



Somerton SLSC Gym Usage Policy

Gym facilities are provided by the Club for the benefit of its members. This policy aims to clearly define the roles and responsibilities of members when using the gym, offer a fair access to members based on priority and ensure work health and safety (WHS) of gym users.

This policy balances the needs of the Club Membership with the liability of the Club with respect to insurance and safety of minors (under 18 years). Non-members are not insured and are therefore not permitted to use the gym facility.

Access

For insurance purposes, gym users must fall into one of the following membership categories on Surfguard:

- Registered 'Life Member'
- Registered and Financial 'Active Member' of the Club on a patrol or water cover roster (SRC, Bronze, First Aid non-expired award holders)
 - Active Member - Active 18+ years
 - Active Member – Dual Member
 - Active Member – 15-18 years*
- Registered and Financial 'Junior Member – Cadet 13-15 years'* of the Club holding in date SRC award
- Registered and Financial 'Associate Member' of the Club with approval from the Club Board of Management.**

Limits on Access

Youth*

'Active Members' under the age of 18 (minors) have limits to their access.

- Members aged 16 to 18 years must have another member over the age of 16 present when using the gym ('Buddy System') who is also approved to use the gym
- Members aged 15 years must be supervised by an approved adult (18+ years) with club access
- Members aged 13 to 14 years may access the gym with an Award Trainer or Coach for a designated training session

Associate **

Associate Members' must apply to the Board of Management (BOM) for approval to use the gym by emailing secretary@somertonsurfclub.com.au.

Access Priorities

To ensure fair access, the following rules must be observed by gym users:

- Every member wishing to use the gym must have club access (fob or phone credential). Club access can be requested from secretary@somertonsurfclub.com.au or facilities@somertonsurfclub.com.au
- Every member wishing to use the gym must have signed a waiver and sent it to secretary@somertonsurfclub.com.au.
- Club members must not allow non-members to access the gym.
- From time to time, training squads or Award Trainers may book the gym through the Gym Manager. During these times the gym may be out of use for other members.

Code of Conduct

All gym users are expected to adhere to the following:

- No smoking, food or drink (other than water) is permitted in the gym.
- Do not remove equipment from the gym without approval of the Gym Manager.
- Report any breakages or repairs required to the Gym Manager and place an “out of order” note on the equipment.
- Always use a towel for covering equipment and WIPE EQUIPMENT AFTER USE.
- If you are the last person in the gym, switch off all electrical equipment, close the windows and secure the door on leaving.
- Lifters must use collars on bars and must not drop weights on floor.
- Lifters must use spotters on all moderate to heavy sets.
- Do not leave weights on the floor. Return all weights to racks after use.
- Return all equipment to its allocated position.
- Gym users must dress appropriately at all times:
 - Closed shoes must be worn at all times.
 - Lower body clothing: athletic shorts, tights or aerobic outfits.
 - Upper body clothing: T-shirts, singlets, sweatshirts or tank tops required.
- Respect your fellow gym users and other building occupants
 - Do not make derogative comments, use abusive language or engage in inappropriate or disruptive behaviour.
 - Keep music volume respectful

TERMS AND CONDITIONS OF USE

All gym users must agree in writing to the following Terms and Conditions of use:

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 gymnasium.
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 Trainers, Coaches or Directors of the Somerton Surf Life Saving Club, as per the 'Gym Policy' and 'Code of Conduct'.
4. I acknowledge that I have sole responsibility for my personal possessions whilst at the Gymnasium or during 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, or damage equipment or facilities.
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 premises and facilities.
11. I acknowledge that the Gymnasium is an unsupervised facility and its use is therefore the responsibility of authorised members.
12. If I am less than 18 years of age and over 16, I agree to the terms that I must be accompanied by a Club Member over the age of 16 years who, under this policy, is allowed to use the Gym.
13. If I am less than 16 years of age, I agree to the terms that my participation in the gym must be under the supervision of a Club endorsed Coach or Award Trainer as specified in 'Limits on Access'.

I hereby apply for approval to use the Somerton SLSC Gym.

In applying for use I confirm that:

- This approval may be revoked at any time as determined by the Club's Board of Management if I am in breach of this policy.
- This approval will be reviewed each Year by the Board of Management

I agree to the above terms and conditions.

Member Signature	
Member Name	
Date	
Signature of Parent/ Guardian if <18yrs	
Name of Parent/ Guardian	
Date	