

# Fremantle Rowing Club Inc

## Gym Use Policy

VERSION No.	DATE PREPARED	DATE ADOPTED	DATE OF REVIEW	REVIEWED
0	9/10/2017			
1	26/02/2018	07/04/2018		

### 1 Purpose

Gym facilities are provided by the Club for the benefit of its members. This policy outlines the Gym rules for Club members.

This policy recognises the limited Gym resources (ie. space, access time, equipment) compared to its potential usage, so 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 occupational health and safety (OHS) of the users of the Gym.

By using the Fremantle Rowing Club Gym, each Gym user is taken to have read, understood and agreed to the terms and conditions set out in this document.

### 2 Definitions

**Club** – Fremantle Rowing Club Inc.

**Club Endorsed Supervisor** –

- (a) a coach who is authorized by the Committee to coach athletes on behalf of the club.
- (b) a parent of a financial junior member.

**Committee** – as defined in the Club Constitution.

**Financial Member** – as defined in the Club Constitution.

**Gym** – the Gym area and all associated Gym equipment.

**Gym Manager** – the person appointed from time to time by the Committee as a Gym Manager to be responsible for:

- (a) maintenance of the Gym; and
- (b) liaison with the Committee on capital purchases for the Gym.
- (c) management of member use of the gym.
- (d) management of the gym membership list.

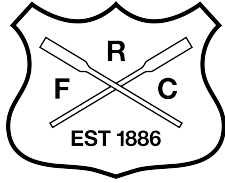
**Gym User** – anyone entering the Gym.

**Non-Peak Times** – the periods when the Gym is likely to be in least demand, currently at times other than peak times.

**Peak Times** – the periods when the Gym is likely to be in highest demand, currently defined as weekdays (Monday to Friday inclusive) from 5am–8am and 5pm–7pm.

### 3 Roles and Responsibilities of Gym Users

All Gym users must adhere to the following rules:



# Fremantle Rowing Club Inc

## Gym Use Policy

### 3.1 Access

- (a) For insurance and good management purposes, all Gym users must be a financial member of the Club. The Club Captain in consultation with a Club endorsed coach may extend the use of the Gym to other rowing affiliated members and individuals.
- (b) Unless otherwise stated in this policy, non-financial Club members must not use the Gym and Club members must not allow access to the Gym by non-financial members.
- (c) Access during Peak Times is reserved for the Club members who are allocated scheduled times for that day by the Club Captain.
- (d) Access during Non-Peak Times is open to any financial club member.
- (e) From time to time, training squads may book sections of the Gym through the Coach or Captain. During these times, such squads have exclusive rights to the use of the booked section.

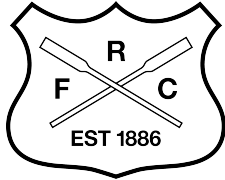
### 3.2 Gym users under 18 years of age

- (a) The minimum age for Gym users is 15 years.
- (b) Members less than 15 years of age may be granted access by the Captain if:
  - a signed written consent in the form approved by the Committee from time to time is provided by a parent/guardian;
  - the Gym user is assessed as appropriate by the Club Captain or Gym Manager; and
  - constant supervision is provided by a Club Endorsed Supervisor whilst that member uses the Gym.
- (c) Members less than 18 years of age may be granted access by the Captain if a signed written consent in the form approved by the Committee from time to time is provided by a parent/guardian.
- (d) No weights are to be used by members under 18 years of age without direct supervision by a Club Endorsed Supervisor and a gym weights program.

## 4 Conduct

All Gym users must adhere to the following rules:

- (a) Inappropriate use of weights and equipment will not be tolerated.
- (b) No smoking, food or drink (other than plastic/metal bottles/water cooler) is permitted in the Gym.
- (c) Do not remove equipment from the Gym without the Club Captain's approval.
- (d) Always use a towel for hygiene purposes and **wipe equipment after use**.
- (e) The last person in the Gym must switch off all electrical equipment and secure the Club premises on leaving.
- (f) Lifters must use collars on bars and must not drop weights on floor.
- (g) Lifters must use spotters on all moderate to heavy sets.



# Fremantle Rowing Club Inc

## Gym Use Policy

- (h) Weights must not be left on the floor or on bars – they must be returned to racks after use.
- (i) All equipment must be returned to its allocated position.
- (j) No deadlifts are to be performed without proper coaching.
- (k) Gym users must dress appropriately at all times ie.
  - closed shoes;
  - lower body clothing: athletic shorts, tights or aerobic outfits; and
  - upper body clothing: T-shirts, singlets, sweat shirts or tank tops, must be worn at all times.
- (l) A Gym user must comply with any reasonable direction of the Fremantle Rowing Club, a Committee member or a Club Endorsed Supervisor.
- (m) A Gym user has sole responsibility for their personal possessions and athletic equipment whilst using the Gym or during its related activities. The Club is not responsible for any loss or damage to any possessions and equipment.
- (n) Gym users must respect other Gym users at all times. Gym users must not make derogative comments or use abusive language and do not engage in inappropriate or disruptive behaviour. Gym users are expected to read and adhere to the Fremantle Rowing Club Member Protection Policy.
- (o) Gym users must conduct themselves 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.
- (p) All faults or damage to Gym equipment must be reported to the Gym Manager or Club Endorsed Supervisor immediately.

## 5 General Conditions of Use

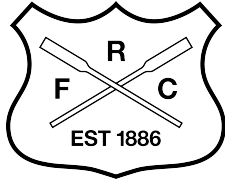
### 5.1 Acknowledgment by Gym users

Each Gym user acknowledges each of the following.

- (a) The Gymnasium is an unsupervised facility (except for Junior Members under 18) and it is therefore the responsibility of each Gym user to use the Gym facilities in a careful and safe way.
- (b) The use of the Gym and its facilities may involve strenuous activity that can be physically demanding and that exercise and the equipment used is potentially dangerous.
- (c) Each Gym user assumes all risks of every kind associated with the use of the Gym and its associated equipment and facilities.

### 5.2 Declaration by Gym users

Each Gym user declares that they are in a good state of health and medically fit to use the Gym facilities and there is no medical reason to prevent them from using the Gym facilities without endangering their health.



# Fremantle Rowing Club Inc

## *Gym Use Policy*

### **5.3 Withdrawal of Gym facilities**

The Club may at any time withdraw the use of any part of the Gym or its equipment where and when it is deemed necessary for repair, maintenance, alteration, alternative use, safety reasons or for any other reason.

## **6 Limitation of Club's Liability**

The Club is not liable for any, loss, claim, damage, consequential loss, cost or expense of any kind (including for negligence) suffered or incurred by any Gym user in connection with the use of the Gym or as a result of any breach of the Gym Use Policy, including in connection with any of the following:

- (a) the Gym user's entry or participation in any activities in, and/or use of, the Gym;
- (b) the condition of the Gym, whether or not the Gym user is then using the Gym;
- (c) anything the Gym user or any other person does or fails to do whilst in or using the Gym, and including, without limitation, for injury, loss of life and property loss or damage.

Each Gym user releases the Club from and indemnifies the Club against, any such liability, loss, claim, damage, consequential loss, cost or expense.

In this clause, 'Club' includes the Club's Committee members, Club Endorsed Supervisor, Gym Manager, and employees (if any), it being intended that the indemnity and limitations of liability set out in this clause extends to and will protect each such person as well as the Club.

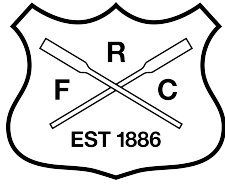
## **7 Consent to Medical Treatment**

By using the Gym, each Gym user consents to receiving any medical treatment which may be deemed advisable in the event of injury, accident and/or illness whilst on the premises.

It is recommended that all persons seek medical advice and obtain a medical clearance prior to engaging in physical exercise and using the Gym.

## **8 Sanctions**

- (a) Failure to comply with any of the above rules could result in the Club Captain, Gym Manager, a Club Endorsed Supervisor, or Committee member asking a Gym user to leave the Gym. Any Gym user so asked to leave the Gym must do so immediately.
- (b) Depending on the severity and repetition of the breach of rules, the Committee may also (in their absolute discretion) suspend, cancel and/or permanently restrict a Club member or Gym user from accessing the Gym.



# Fremantle Rowing Club Inc

Gym Use Policy

## Gym Use Underage Consent Form

I \_\_\_\_\_ (parent/guardian's full name)  
of \_\_\_\_\_ (address), \_\_\_\_\_ (phone)  
declare that \_\_\_\_\_ (child's name), \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (date of  
birth) has my consent to use the Gym at the Fremantle Rowing Club.

I have read the Gym Use Policy and I am aware of the risks and dangers to my child involved with the using the Gym.

I warrant that my child is in a good state of health and medically fit to use the Gym facilities and there is no medical reason to prevent them from using the Gym facilities without endangering their health.

I release Fremantle Rowing Club and its members, Committee members, coaches and Gym Manager from all claims, demands, costs, expenses and actions (collectively 'Claims'):

- for injuries, illness or death sustained by my child or any other person; and
- for loss or damage to, or destruction of, my or my child's property or the property of any other person,

as a result of my child using the Gym or as a result of any breach of the Gym Usage Policy, whether or not arising from any act or omission by my child or by any other person, and whether negligent or not.

I consent to my child receiving such medical treatment as may be deemed advisable in the event of injury, accident and/or illness whilst on the Club premises.

Date: \_\_\_\_\_

Signed: \_\_\_\_\_

Print name: \_\_\_\_\_

### Emergency Contact details

#### First contact:

(parent/guardian's full name) \_\_\_\_\_

(address) \_\_\_\_\_

Mobile \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

#### Alternative contact:

(responsible adult's full name) \_\_\_\_\_

(address) \_\_\_\_\_

Mobile \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_