



Fremantle Rowing Club Inc

Gym Use Policy- FRC Gymnasium Members

Purpose

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

This policy recognises the Gym resources which aims to clearly define the roles and responsibilities of members when using the Gym while ensure occupational health and safety (OHS) of the users of the Gym.

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

1 Definitions

Club – Fremantle Rowing Club Inc.

Club Endorsed Supervisor – An individual or rowing coach authorised by the Clubs Committee.

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 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.

2 Roles and Responsibilities of Gym Users

All Gym users must adhere to the following rules:

3.1 Access

- (a) For insurance and good management purposes, all Gym users must be a financial member of the Club.
- (b) Unless otherwise stated in this policy, non-financial Gym members must not use the Gym or be allowed access to the Gym by financial Gym members.
- (c) Access to the Gym is via a swipe pass during the hours of 0500 and 2200, 7 days per week.



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- (d) Access to the toilet & changerooms facilities is via a key code combination, which is given to the Gym user at their Gym orientation.
- (e) Gym members are required to be aged 18 or older in order to access the facility and take out a Gym membership.
- (f) Gym users are not permitted to share swipe access cards or bring non- financial members into the facility. Gym users will have their memberships cancelled if this Gym use requirement is not met.

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, eating food or drink (other than water bottles) are permitted in the Gym.
- (c) Pets are not permitted inside the Gym.
- (d) Equipment is not to be removed from the gym without the Club Captain's approval.
- (e) A towel should always be used for hygiene purposes and equipment wiped after use.
- (f) The last person in the Gym must switch off all music equipment, close windows, turn lights/ fans off & secure the Club premises (front/ rear doors) upon leaving.
- (g) Lifters must use collars on bars and must not drop weights on floor outside the designated lifting platform areas.
- (h) Weights must not be left on the floor or on bars – they are to be returned to their racks after use.
- (i) All equipment must be returned to its allocated position.
- (j) Appropriate Gym clothing is to be worn at all times.
- (k) A Gym user must comply with any reasonable direction of the Fremantle Rowing Club, a Committee member or a Club Endorsed Supervisor.
- (l) 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 personal possessions and equipment.
- (m) 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.
- (n) 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.
- (o) All faults or damage to Gym equipment must be reported to the Gym Manager or Club Endorsed Supervisor immediately.



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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 and it is therefore the responsibility of each Gym user to use the Gym facilities in a careful and safe way.
- (b) The Club cannot and does not warrant the safety and suitability of the Gym equipment.
- (c) 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.
- (d) Each Gym user understands and accept the risk of injury including but not limited to: heart attacks, muscle strains, pulls or tears, broken bones, joint injuries and/ or death.
- (e) Each Gym user understands that the use of equipment in the facility is at their own risk and they will manage all injuries and impairments themselves.
- (f) Gym users acknowledge that it is their sole responsibility to ensure that they are capable of completing their exercise program without harm.
- (g) Gym users acknowledge that the preparation and implementation of a training program for Gym use is their own responsibility to organise and follow as the Fremantle Rowing Club Inc do not provide training programs to Gym users.
- (h) Gym users understand that all of their personal belongings are stored at their own risk; the club will not be liable for items which are lost or stolen from the facility.
- (i) Gym users which have any impairment/s or medical condition/s, are responsible to seek their own advice from a medical practitioner.
- (j) Each Gym user is to acknowledge that they are confident to use the facility in a self-directed manner to self-manage their programme.

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.

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:



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- (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.