

DEPARTMENT: Administration		SUBJECT: Fitness Training Sessions Policy V1	
AUTHORISED BY: Board of Directors			
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Endorsed By Board of Directors 20.02.2018		Authorised By Club Council 21.03.18	

SCOPE

This Policy is designed specifically for Members undertaking training towards gaining their Surf Rescue Certificate or Bronze Medallion Award or already hold a Surf Rescue Certificate or Bronze Medallion Award and are current and proficient. Long Service or Life Members are permitted to take part in fitness training sessions subject to the specifications listed below. This Policy is applicable for all Club endorsed non-water based fitness training sessions.

OBJECTIVE

This policy is to ensure all members understand their obligations concerning the use of the club gymnasium whilst attending scheduled and approved fitness training sessions.

SPECIFICATIONS

1. Must be current financial Members of NHSLSC with all monies paid including Membership & Course Fees.
2. All members train at their own risk. No responsibility will be taken for injuries incurred as a result of using exercise equipment.
3. Members undertaking training towards gaining their Surf Rescue Certificate or Bronze Medallion Award or already hold a Surf Rescue Certificate or Bronze Medallion may attend.
4. Honorary Members who are approved by the Board may attend
5. **Children (under 15 years of age) are not allowed to participate in fitness training sessions in the gym and are not allowed into the gym under any circumstances.**
6. Any member who is unfamiliar with using the equipment, must gain orientation by the fitness instructor prior to using such equipment
7. Any member who acquires a medical condition or has an injury must not attend approved and scheduled fitness training sessions until medical clearance is obtained.
8. Members will be diligent in the use of equipment and mindful of other members.

PROCEDURE – GYMNASIUM TRAINING SESSIONS

1. All members must sign in and out.
2. Wear covered shoes.
3. Wear a T shirt - Singlet.
4. If you are unsure on how to use any of the equipment please seek assistance from the instructor
5. Report all incidents or damaged equipment to the instructor