

DEPARTMENT: Administration	SUBJECT: Gymnasium Policy	
AUTHORISED BY: Club Council 26 February 2012		
ISSUE DATE: 23/12/2011	VERSION: 2	PAGES: 1
REISSUE DATE: 26/10/15	VERSION: 3	PAGES: 1
REISSUE DATE Nov 2017	VERSION 4	PAGES: 2
Endorsed By: Club Council	21.03.2018	
Endorsed: Board of Directors	20.02.2018	

SCOPE

This policy applies to all members of the Noosa Heads Surf Life Saving Club and persons wishing to use the Gymnasium.

OBJECTIVE

This policy is to ensure all members and visitors understand their obligations concerning the use of the club gymnasium.

SPECIFICATIONS

1. All members train at their own risk. No responsibility will be taken for injuries incurred as a result of entry or using gym equipment.
2. Members and Visitors must be current financial, and proficient (Long Service or Life Members need not be proficient) members of the Club or SLSA Visiting Members must meet the same criteria and provide written evidence from their Club.
3. Gym use is restricted to the following members:
 - Active Club members who are 17 years of age and over, and are Rostered Patrolling Bronze Medallion/ Surf Rescue Certificate holders currently meeting their patrol obligations: or
 - Cadet members 15 years of age and over whilst under 17 years of age where such member is accompanied and supervised by a Club member authorised to use the Club Gym;
 - Long Service members: or
 - Life Member: or
 - Honorary members who are approved by the Board.
 - Officers of the Club as defined in the Constitution & By-Laws.
4. Children (under 15 years of age) are not allowed into the gym under any circumstances. Members aged 17 are permitted access to the gym if in the presence of another member of equal age or over.
5. Any member who does not have a workout program, or is unfamiliar with using the equipment, must gain orientation tour / programme before using the facility. Please contact the office to arrange. The Club employee / volunteer must not offer fitness advice / instruction.
6. All rules displayed in the gym must be complied with, failing to do so may result in the management terminating the members use of the gym.
7. Any member who acquires a medical condition or has an injury must not use the facility until medical clearance is obtained.
8. Members will be diligent in the use of equipment and mindful of other members.
9. Gymnasium hours 5am - 9pm Monday to Sunday. Closed during cleaning.

PROCEDURE

1. All Members and Visitors must complete a NHSLSC Gymnasium declaration (Available from the office or club website).
2. Ensure all sand is washed off and you are dry before entry to the gym.
3. All gym members must sign in and out.
4. No sand in the gym.
5. No wet clothing in gym or on machines.
6. No inappropriate music – please consider others.
7. Wear covered shoes.

8. Wear a T shirt - Singlet.

9. Use a towel.

10. Wipe down machine after use.

11. Put weights and equipment back in storage area after use.

12. Keep metal doors to surf sport shed closed.

If you are unsure on how to use any of the equipment please seek assistance from the office to avoid injury.

13. Report all incidents or damaged equipment to Office.

14. Last person out to turn off the radio, tv, ceiling fan, air con and lights.