



## SUNSHINE BEACH SURF LIFE SAVING CLUB

### **POLICY STATEMENT**

<b>Policy:</b> Gymnasium Use Policy	<b>Department:</b> Lifesaving
<b>Policy No:</b> LS02	<b>Version:</b> 1
<b>Effective Date:</b> 17/03/2013	<b>Approved Date:</b> 17/03/2013
<b>Revision Date:</b> 11/1/18	<b>Approved by:</b> Management Committee

The gymnasium is available for use 24/7 however it is unsupervised and therefore imperative that all users are familiar with the gym equipment and its use. The club takes no responsibility for incorrect usage of the gym and/or gym equipment.

#### **Purpose**

The purpose of this policy is to provide clear guidelines for all members with respect to use of the Club Gymnasium.

#### **Application**

This policy applies to Active Senior, Active Junior, Reserve Active and Award members who are financial and participate in patrol duties, Long Service members who are financial and registered Life Members. Gymnasium rules (as below) are posted on the wall in the gym and members are expected to abide by them.

#### **Policy**

- Gym use is for current patrolling award holders over 16.
- Gym users under the age of 18 must have completed a club gym induction before access allowed. (arrange with admin)
- Patrolling members under 16 may only use the gymnasium during an approved surf sports training session.

Members who are over 35 years of age and are sedentary or who have an injury/illness or medical condition are advised to seek medical clearance from a doctor before starting an exercise program.

Gym users must sign into the attendance book each visit, proper training shoes must be worn and a towel must be used on all equipment.

Equipment and surrounding area must be cleaned after each usage (cleaning equipment in the cupboard) and weights returned to the correct position (do not drop weights; do not place weights on upholstery).

No food or drink (except water bottles).

The air conditioning, music and lights must be turned off when finished and the door locked.

Please notify administration of any damage or maintenance requirements. Failure to observe gymnasium rules may result in withdrawal of privileges.



## SUNSHINE BEACH SURF LIFE SAVING CLUB GYMNASIUM RULES

For the safety and comfort of everyone using the gymnasium, the following rules must be adhered to at all times.

1. This gym is provided for the enjoyment of Active club members; please respect this privilege.
2. Members who may use this gym are: Active Senior, Active Junior, Reserve Active and Award members who are financial and participate in patrol duties, Long Service members who are financial and registered Life Members.
3. Gym users must complete the attendance book each visit.
4. This is an unsupervised gymnasium therefore it is imperative that you are familiar with the gym equipment and its use. The club takes no responsibility for incorrect usage of this gym and equipment.
5. When using heavy weights a buddy/spotter must be present.
6. Members under 16 years of age are not permitted except during an approved surf sports training session.
7. Members who are under 18 years of age must have completed a gym induction session.
8. Members who are over 35 years of age and are sedentary or who have an injury/illness or medical condition are advised to seek medical clearance from a doctor before starting an exercise program.
9. Proper training shoes must be worn.
10. A towel must be used on all equipment.
11. Equipment and surrounding area must be cleaned after each usage (cleaning equipment in the cupboard).
12. Return all weights to the correct position.
13. Do not drop weights; do not place weights on upholstery.
14. No moving of equipment allowed.
15. No food or drink (except water bottles).
16. The air conditioning, music and lights must be turned off when finished.
17. Ensure the door is locked when you leave.
18. Please notify administration of any damage or maintenance requirements.
19. Failure to observe any of the above rules may result in withdrawal of privileges.

**Enjoy your workout.**