



Club Gymnasium Membership Form

Full Name: _____

Address: _____

Date of Birth: *dd/mm/yyyy*

Sex: M F

Phone: (*w*) _____ **Phone:** (*h*) _____

Membership category (*Active, Long Service etc.*): _____

Emergency Contact: _____

Phone: _____

This Gym is not a public facility. Admission is restricted to those with permission.

Declaration:

I acknowledge that I have read the club's "Terms and Conditions for the use of the Club Gymnasium" and agree to be bound by those terms and conditions. I declare that I have no medical condition that would involve a risk to me or other users in my use of the gym.

Print name: _____

Signature: _____ **Date:** _____

Approval:

Gym Supervisor Name: _____

Position in club: _____

Signature: _____ **Date:** _____



Terms and Conditions for the use of the Club Gymnasium

Attaching to and forming part of my membership form.

I, _____
acknowledge that this agreement is legally binding and I have read all the Terms and Conditions outlined below .

1. I waive all claims or causes of action which I might otherwise have arising out of loss or life or injury, damage or any other loss, which I may suffer in the course of or consequent upon my entry or participation in any activities in the gymnasium .
2. This waiver, release and discharge shall operate separately in favour of any person involved in the ownership and/or operation of the Gymnasium. The waiver shall operate whether or not the loss, injury or damage is attributable to the act or neglect of any one or more of such persons.
3. I acknowledge that I will comply with any reasonable direction of the officials and staff of the Club in relation to:
 - (a) entry and exit to and from the Gymnasium
 - (b) the use of the facilities and equipment in the Gymnasium;
 - (c) my behaviour and conduct whilst on the premises
4. I acknowledge that I have sole responsibility for my personal possessions and athletic equipment whilst at the Gymnasium or during its related activities.
5. I consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness whilst on the premises. It is suggested that all persons seek medical advice and obtain a medical clearance prior to engaging in physical exercise.
6. I am aware that the use of the Gymnasium and its facilities may involve strenuous activity that can be physically demanding and that exercise and the equipment used is potentially dangerous.
7. I agree that I am in a good state of health and I am medically fit to use the gymnasium facilities and there is no medical reason to prevent me from proceeding with the use of the gymnasium facilities without endangering my health.
8. I agree to conduct myself in an orderly and proper manner and not engage in conduct, which could cause harm, create a hazard or nuisance to other members.
9. I acknowledge that the club cannot warrant the safety and suitability of the Gymnasium equipment.
10. I hereby assume all risks associated with the use of the use of the premises and facilities.
11. I have undertaken an orientation tour and induction of the Gymnasium.

Signed: _____ Date: _____

Witness: _____ Date: _____

Guardian (if under 18 years): _____ Date: _____



Gymnasium Code of Conduct

1. Each time you use the gym please write your name and the date in the Gymnasium Sign In/Sign Out Sheet. The Gymnasium Sign In/Sign Out sheet is located inside the entrance to the gym near the entrance.
2. No smoking, food or drink (other than bottles/water cooler) is permitted in the gym.
3. Do not remove equipment from the gym without supervisor approval.
4. Always use a separate towel for hygiene purposes and WIPE EQUIPMENT AFTER USE.
5. If you are on your own, or the last person in the gym, switch off all electrical equipment on leaving.
6. Lifters must use collars on every set and must not drop weights on floor.
7. Lifters must use spotters on all moderate to heavy sets.
8. Move weights from the racks to the bar ONLY. Do not leave weights on the floor.
9. Return all equipment to its allocated position.
10. Gym users must dress appropriately at all times.
11. Towels must be used.
12. Athletic shoes must be worn with laces tied at all times.
13. Lower body clothing: athletic shorts, tights or aerobic outfits.
14. Upper body clothing: T-shirts, singlets, sweat shirts and unaltered tank tops required.
15. Athletic hats are acceptable.
16. Prescription glasses are permissible. NO sun-glasses permitted UNLESS suitable medical evidence supporting wearing them is provided.
17. Any jewellery that may possibly injure a user, including rings and necklaces, is not permitted. Small earring and items that cannot inhibit or injure a user are permitted