

5.12 Ningham Fitness Centre

Introduction This policy is designed to promote, protect and regulate the use of the Shire's gym and its facilities.

Objective

History Adopted 21 October 2015

Policy Statement

Use of the Gym

The gym is provided for the enjoyment of all who use it, irrespective of whether it is recreational for keeping fit, rehabilitation from injury, or as part of a training programme for an individual sport. ~~The gym is available for use 5:00am to 10:00pm.~~ Once your workout has been completed the gym must be locked to prevent unauthorised access. Use of any gym equipment outside the gym is prohibited.

Gym Etiquette

The gym should be kept clean and tidy at all times. Suitable trainers must be worn; Rugby/Football boots and / or muddy footwear are not allowed. Users are not allowed to train without suitable footwear, as this is a safety hazard when working with weights. Be considerate of other users, especially at busy times. Please bring a towel to place over seats or benches and wipe down the upholstery after use. Always return weights after use. Do not bring food or drink in the Gym, except water in appropriate plastic water bottles. **Always leave the gym how you would like to find it.**

Gym Safety Rules

There is a risk of injury when using (or misusing) weight training equipment. The following points should be observed:

- Inspect equipment before each use for loose, worn or frayed parts.
- Check that wire ropes are not frayed or kinked and that pulleys rotate freely.
- Report any problems with the equipment to the Shire.
- Space in the gym is limited. To avoid trip hazards, do not leave any personal belongings on the floor. Please place neatly out of the way against a wall.
- Always lift and lower weights under control. Serious injury could result from lack of control, balance and form. Do not drop weights on the floor.
- Work with weight you can manage/handle.
- Do not continue training if you feel dizzy or unwell. Remember to breathe properly during exercise particularly when lifting weights.
- Do not tolerate horse-play around machinery and equipment.

Terms of Use

The Shire of Trayning would like all members to have safe and enjoyable usage of the Ningham Fitness Centre, so the following terms of use are for your benefit to ensure the security, working order and the cleanliness of the facility and the equipment in it. This facility is for the community's benefit so please treat it with pride and respect.

1. No membership card = no use of the facility.
2. **Gym is closed 8 am to 9 am Thursdays for cleaning**
3. No ~~lending of your key~~ **sharing your code** or taking non-members into the fitness centre.
4. No children 12 years or younger are permitted in the fitness centre at any time.

5. Student from 13 – 15 years of age must be accompanied by an adult (*person over the age of 18yrs*).
6. Patrons should familiarise themselves with the equipment and correct procedures before use.
7. No smoking or food is permitted in the facility.
8. Enclosed footwear is to be worn at all times and your own towel should be used to lie on benches.
9. Respect and use the gym equipment properly.
10. Any damage is to be reported immediately to the Shire Office.
11. Please ensure that all lights, air-conditioner, TV/DVD Player are switched off before leaving the facility.
12. Always ensure that the doors are LOCKED before leaving.

Any breach of terms 3, 4, 5 will lead to the immediate suspension of a membership and a ban of 12 months

– End of Policy

COMMENT

~~Ningham Fitness Centre Membership Form (following) forms part of this policy.~~



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NINGHAN FITNESS CENTRE

MEMBERSHIP APPLICATION FORM

TYPE *(please circle)* ADULT FAMILY PENSIONER STUDENT *(13 to 17yrs)* Day Pass
 \$60.00 \$90.00 \$35.00 \$35.00 \$10.00

APPLICANT: _____ AGE: _____

OTHER MEMBERS: _____ AGE: _____

_____ AGE: _____

_____ AGE: _____

RESIDENTIAL ADDRESS: _____

POSTAL ADDRESS: _____

HOME PHONE: _____ MOBLIE: _____

EMAIL: _____

\$50 Key Bond Refundable When You Return Your Key

A \$50 key bond is required with all keys and is refundable on the return of the key.
 The bond is to be paid in cash or cheque (made out to the Shire of Trayning).
 The person named below will be the only one to receive the bond on return of Key.

Full Name _____ Trust Account _____ Date ____ / ____ / ____

Key No _____ Key Bond Paid \$ _____ Date ____ / ____ / ____ Receipt No _____

Date Key Returned ____ / ____ / ____ Signature _____

Cheque No _____ Name _____ Signature _____

PLEASE SEE BACK OF PAGE FOR TERMS OF USAGE

DISCLAIMER

As part of my membership of the Ninghan Fitness Centre, I enter the gym and exercise at my own risk. I accept that the Shire of Trayning takes no responsibility or liability for any injuries incurred or sustained. I hereby accept all the rules and conditions set by the Shire of Trayning for the Ninghan Fitness Centre.

Applicants Signature: _____ Date: _____

Applicants Signature: _____ Date: _____

OFFICE USE ONLY

Key No: _____ **KEY BOND PAID: \$** _____ Trust Receipt No: _____

Date: _____ Fees Paid: \$ _____ Receipt No: _____

Full Member/s Day Pass Valid from ____ / ____ / ____ to ____ / ____ / ____

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1. No membership card = no use of the facility.
2. Hours of use are between 5.00am to 10.00pm.
3. No lending of your key or taking non-members into the fitness centre.
4. No children 12 years or younger are permitted in the fitness centre at any time.
5. Student from 13 – 15 years of age must be accompanied by an adult (*person over the age of 18yrs*).
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I have read and understand all the terms of usage.

Signature _____

Date ___/___/___