

# Mullaloo Surf Life Saving Club

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*Family, safety, respect, excellence, integrity and unity.*

## Mullaloo Surf Life Saving Club Gymnasium User Form

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ dd/mm/yyyy

Sex:  M  F

Phone: (w) \_\_\_\_\_ (h) \_\_\_\_\_ (m) \_\_\_\_\_

### MEMBERSHIP CATEGORY

*The Mullaloo Surf Life Saving Club Gymnasium is not a public facility. Admission is restricted to those with permission.*

- Full Member: Active, Financial and Patrolling/Long Service (*Access to gym in peak and non-peak times*)
- Social Member (*Having purchased gym membership, access to gym in non-peak times only*)
- Guest (e.g. coach/trainer) (*Access to gym requires authorisation from Manager of Coaching/Gym Supervisor*)

**'Peak Times'** – the periods when the gym is likely to be in highest demand, currently defined as weekdays (Monday to Friday inclusive) from 5am-8am and 4pm-8pm.

**'Non Peak Times'** – the periods when the gym is likely to be in least demand, currently at times other than peak times, including weekends.

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

### Declaration:

I acknowledge that I have read the club's 'Terms and Conditions for the use of the Mullaloo Surf Life Saving Club Gymnasium' (see reverse) 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: \_\_\_\_\_

Guardian (if under 18 years): \_\_\_\_\_ Date: \_\_\_\_\_

### Approval – gym induction has been completed:

Gym Supervisor/Manager of Coaching Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Terms and Conditions for the use of the Mullaloo Surf Life Saving Club Gymnasium

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 Mullaloo Surf Life Saving Club, as per the 'Gymnasium Use Policy' and 'Code of Conduct'.
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, or damage equipment or facilities.
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 premises and facilities.
11.	I acknowledge that the Gymnasium is an unsupervised facility and its use is therefore the responsibility of authorised members.

Initial: \_\_\_\_\_

### Mullaloo Surf Life Saving Club Gymnasium Code of Conduct

1. Each time you use the gym please complete the Gymnasium Sign In/Sign Out Sheet. The Gymnasium Sign In/Sign Out sheet is located inside the gym near the entrance.
2. No smoking, food or drink (other than plastic/metal bottles/water cooler) is permitted in the gym.
3. Do not remove equipment from the gym without supervisor approval.
4. Always use a towel for hygiene purposes and WIPE EQUIPMENT AFTER USE.
5. If you are the last person in the gym, switch off all electrical equipment and secure premises on leaving.
6. Lifters must use collars on bars and must not drop weights on floor.
7. Lifters must use spotters on all moderate to heavy sets.
8. Do not leave weights on the floor. Return all weights to racks after use.
9. Return all equipment to its allocated position.
10. Gym users must dress appropriately at all times (ie. Closed shoes must be worn at all times. Lower body clothing: athletic shorts, tights or aerobic outfits. Upper body clothing: T-shirts, singlets, sweat shirts or tank tops required).
11. Respect your fellow gym users at all times. Do not make derogative comments or use abusive language and do not engage in inappropriate or disruptive behaviour.