



North Steyne Gym Policy (October 2024)

Financial Membership:

- Members of NSSLSC who wish to join the NSSLSC gym must be a financial member of the Surf Club and a financial member of the Gym.
- Gym membership is an additional annual membership for financial members only.

Age restrictions:

- NSSLSC Members aged 14-15 years old can access the gym only under a Fitness Instructor or parental supervision.
- NSSLSC members aged 14-15 years old are not permitted to do weight resistance training on equipment.

Conditions of Entry:

- Members shall not profit by teaching, coaching or personal training any person in the centre without prior consent of NSSLSC Board.
- Members are responsible for advising NSSLSC of any serious pre-existing injuries or medical conditions before exercising.
- Memberships are for individual use only and are non-transferable for paid gym members.
- The NSSLSC reserves the right to cancel any gym membership that is used inappropriately as deemed by the NSSLSC Board.
- Allowing non-members to access the gym by members will result in membership cancellation for the member and any patron deemed to have entered the gym fraudulently.
- Secure your belongings in your club lockers. NSSLSC takes no responsibility for items lost or stolen.
- Members suspected to be under the influence of drugs or alcohol will not be permitted in the gym.
- Abusive or offensive behaviour is not permitted, including swearing abusive language.
- For hygiene reasons, customers using the gym must use a towel. No Towel, No Workout.

- Members cannot enter the gym wet and/or sandy, which can result in their gym membership being cancelled.
- Appropriate fitness attire, including footwear, must be worn at all times.
- Patrons must return and re-rack weights or any other fitness equipment after use and wipe down after use.
- NSSLSC Board reserves the right to alter access to the gym occasionally.
- The use of cameras and mobile phones with cameras is not permitted in the gym and change room areas.

Note: Members of the gym will be required to:

- Pay one-off fee of \$20 for security access fob
- Have a gym towel, wear appropriate footwear
- Not enter the gym wet or sandy
- Re-rack all equipment
- Wipe down the equipment with disinfection wipes before and after use
- Not attend if unwell

Medical Health Information (Please circle)

Has your Doctor ever told you that you have a heart condition, or have you ever suffered from a stroke?	YES	NO
Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise?	YES	NO
Do you ever feel faint or feel spells of dizziness during physical activity/exercise that cause you to lose your balance?	YES	NO
Have you had an asthma attack requiring immediate medical attention at any time over the last twelve months?	YES	NO
If you have Diabetes (Type 1 or 2), Have you had trouble controlling your blood glucose in the last three months?	YES	NO
Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/ exercise?	YES	NO
If you answer YES to any of the above questions, you will need to provide a letter/certificate stating you are fit for physical activity / exercise from your GP or appropriate Allied Health Professional BEFORE attending the gym. If you answered NO to all six questions and you have no concerns about your health, you may proceed to undertake exercise.		

Waiver:

I have read and understand the previous questions and have listed, to the best of my ability, an accurate representation of my current health status.

I recognise that NSSLSC is not able to provide me with medical advice with regard to my medical fitness and that this information is used as a guide to the limitations of my ability to exercise. I agree to take part in the activity at my own risk, follow instructions from nominated persons, observe all safety precautions and accept liability for any damage to personal property, injury, illness or death resulting from participation prior to, during or after the activity.

I agree that North Steyne Surf Lifesaving Club and its agents, officers and employees shall not be liable for any claim, damages, injury or illness whatsoever to any individual.

I have read the NSSLSC Membership Agreement Terms and Conditions and agree to abide by them.

The personal information collected on this form is for the sole purpose of use by the NSSLSC. The intended recipients of the information are NSSLSC and the information is stored by NSSLSC.

Personal information collected from you is held and used by NSSLSC as permitted by the Privacy and Personal Information Protection Act 1998 ("PIIPA").

I certify that I am in good physical health and have no limitations other than those I have listed. If I experience any unusual symptoms during exercise,

I will alert the NSSLSC or any approved instructor and the NSSLSC Administrator immediately about the nature of the problem.

Should you suffer an injury, illness or condition in the future, it is your responsibility to advise us before your next visit to ensure that we have the most accurate information in the event of an emergency.

The signature represents full agreement of the above:

Member Name			
Member Signature		Date	
Parent/Guardian Name			
Parent/Guardian Signature		Date	
Staff Name			
Staff Signature		Date	