

West Beach SLSC Gym Policy

The West Beach SLSC Gym is equipped and designed to encourage members to attain and maintain quality physical health.

This Guideline Information Sheet is to help members be responsible for the care and maintenance of the gym.

The reasons for the Guidelines are:

- Legality
- Gym security
- Gym cleanliness

These Guidelines are to be enforced.

The Gym is not a facility for the general public.

1. Only current financial active patrolling members of West Beach SLSC can enter the gym (non-financial Members, social members or non-club members are not allowed entry to the gym);
2. The gym is out of bounds to Under 15 Members (non-bronze holders) unless under the supervision of their sectional coach;
3. Gym entry is via the roller door on the seaside of the club. Gym users are asked to refrain from using the showers upstairs during café/club opening times. OH&S issues will be at risk if the floor is wet;
4. Members are to supply their own sweat towel and water bottles;
5. No food, glass bottles or cans are permitted inside the gym;
6. All members are required to wear suitable attire, shoes and carry a sweat towel and water bottle at all times. This is a health issue and members not properly attired will be asked to leave the premises.;
7. No free weights or bars to be rested or placed on benches;
8. Wet clothing is not allowed in the gym;
9. Members must remove all sand from their body/feet before entering gym;
10. Members must conduct themselves in a manner that will not cause harm or discomfort to other members, and must conduct themselves with appropriate decorum in the gym;
11. West Beach Surf Life Saving Club accepts no responsibility for lost or stolen items;
12. Members must replace all gym equipment immediately upon completion of exercise;
13. Members must not leave equipment on the floor. This is a safety issue and will be strictly enforced;
14. Wipe down and remove excess sweat from all machinery, weights and benches to prevent rust buildup and hygiene;
15. Report any breakages or repairs required to the club captain and place an 'out of order' tag on the equipment to prevent any member injury;
16. Training squads (eg ski, board, masters) can book a time slot with the gym coordinator;
17. Training squads will have the complete rights to the gym at their designated training time slot as listed on the booking sheet/board. Individuals can enter the gym at any time, but if that time clashes with a training squad, permission to co-use the gym must be sanctioned by the Training Coach;
18. If a training squad does not keep to their designated time slot, after two absentees, that group will forfeit their time position and will need to reapply for a time slot, or be placed on a waiting list if time slots clash;
19. Members agree that West Beach Surf Life Saving Club may cancel their Membership if they do not adhere to the Rules and Regulations.