



## Thirroul Surf Life Saving Club Gym Policy

<b>Policy No.:</b>	23/01
<b>Last Date Review:</b>	31/05/2023
<b>Next Date Review:</b>	31/05/2026
<b>Responsible Officer:</b>	Gym Coordinator
<b>Authority:</b>	This policy is binding to all members of Thirroul Surf Life Saving Club (SLSC).

### 1. Purpose

These guidelines are intended to provide all members and volunteers of Thirroul SLSC with the requirements and obligations to be followed when applying to join and when using the Gym at Thirroul SLSC.

### 2. Definitions

- Associate Member - for the purposes of this Policy refers to the membership categories of Associate, Award, General and Probationary as defined in the Thirroul SLSC Constitution.
- Club refers to Thirroul Surf Life Saving Club
- Club web site [Thirroul Surf Life Saving Club | Wedding Venue | Thirroul New South Wales \(thirroulsurfclub.com.au\)](http://thirroulsurfclub.com.au)
- Gym refers to the Thirroul SLSC Gym

### 3. Scope

This policy applies to all members and volunteers of Thirroul SLSC who use the Gym.

### 4. Gym Access

1. All people using the Gym must become members of Thirroul SLSC and must have paid the annual membership fee by the 31st of October.
2. For Active, Active Reserve, Life Members, Honorary Members and Long Service Members no further fees are required for access to the Gym. The only further requirement is the completion of the Gym induction.
3. For Associate membership categories an additional fee will be required for Gym access. The amount of the additional fee will be set by the Club Committee annually.
4. The Club has the right to decide how many (if any) Associate memberships will be granted access to the Gym. The Club will decide on the number (of Associate Memberships granted Gym access) on an annual basis.
5. Prior to using the Gym it is mandatory for ALL membership categories to complete the Gym Induction.
  - a. Gym induction will be carried out by an authorized person from the Club.
  - b. Prior to undertaking the Gym induction the "Surf Life Saving Gymnasium Forms v2" must be completed. Access to the form is under the "Gym" section of the Club web site.
  - c. Once the induction form has been completed email the gym coordinator at [gym@thirroulsurfclub.com.au](mailto:gym@thirroulsurfclub.com.au) to arrange a time for the induction to take place.
6. Physical access to the Gym is by a swiper. There is an additional fee (over and above the membership fee) for the swiper and this may be purchased online from the Club web site. The swiper will only be switched on once fees are paid and the induction is completed.



7. Members 18 years of age and older have no restrictions on their access to the Gym.
8. Members aged from 15 to 18 years of age may use the Gym subject to the following conditions:
  - a. Must be a financial member of the club
  - b. Must be an Active Member of the club doing patrols (have completed their Bronze Medallion or are in training for their Bronze Medallion).
  - c. Must be accompanied by an adult (parent or guardian) or coach/trainer when completing the Gym induction.
  - d. Must be accompanied by an adult (parent or guardian) when using the Gym.
  - e. Parent or Guardian must sign a waiver form prior to the induction and any use of the Gym
  - f. Where a coach or trainer is present with a member aged between 15 and 18 years old they must have a current Working With Children Check and must have a minimum of two minors present at all times.
9. Members under the age of 15 are not permitted to use the Gym.

## **5. Gym Code of Conduct**

1. Access to the Gym is for properly inducted members only. The Gym should be secured at all times to ensure no unauthorised access or use. Your access will be withdrawn if you invite others into the Gym.
2. No smoking, food or drink (other than bottles/ water) is permitted in the Gym.
3. Do not remove equipment from the Gym without the Gym supervisors approval.
4. If you are unwell do not use the Gym.
5. Use the sanitiser provided.
6. Always use a towel on all equipment for hygiene purposes. No towel means no gym.
7. Before leaving, wipe down the equipment with the supplied antibacterial wipes or antibacterial spray.
8. Use equipment in the way it is designed. Lifters should use collars on every set and should not drop weights on the floor.
9. Lifters should use spotters on all moderate to heavy sets.
10. Only move weights from the rack to the bar. Do not leave weights on the floor.
11. Return all equipment to its allocated equipment. Ensure all bars are empty of weights.
12. Gym users should dress appropriately at all times:
  - a. Athletic shoes should be worn, with laces tied.
  - b. Lower body clothing - athletic shorts, tights or aerobics outfits.
  - c. Upper body clothing - T-shirts, singlets, sweatshirts.
13. Any jewelry that may possibly injure a gym user, including rings and necklaces is not permitted.
14. All persons using the Gym are required at all times to abide by the SLSA member protection policies and codes. Failure to observe the codes will be considered to be misconduct and members may be subject to disciplinary action.

## **6. References**

1. SLSA Guidelines for Safer Surf Clubs v4 May 2020 (available from Thirroul Club website)
2. SLS Club Gymnasium Forms v2 2019 (available from Thirroul Club website)