



Policy and Procedure Manual

Policy Name: Use of Gym
Policy Number: TBC
Policy Date: 10 July 2014

Purpose of the Policy

This policy provides guidelines for the safe use of the Clubs Gym.

Access to the gym is a peripheral benefit to lifesaving members to encourage fitness and strength for carrying out lifesaving duties and for participation in Surf Sports. To ensure the protection of members and provide a safe environment the following guidelines should be followed.

Procedures

Entitlement

- The use of the gymnasium is for “Active” members and MSLSC employees (after 3 months probation) only.
- The minimum age for members using the gym is 16 years old. Members under 16 year’s old required supervision by a qualified coach.
- Radio Operators may seek approval from the Executive Committee to use the gym after completing 3 patrols.
- Officials (Level 1 only) may seek approval from the Executive Committee to use the gym after completing 3 carnivals as officials.

If any member is found to have brought people into the gym, who is not an active member they will have their membership suspended.

Gym Usage:

- Lifters must use spotters on all moderate to heavy sets.
- Weights are not to be left on the floor and should be returned to racks after use
- No smoking, food or drink (other than bottles/ water cooler) are permitted in the Gymnasium.
- A towel, covered shoes and shirt to be used at all times
- Lifters must use collars on bars and must not drop weights on floor.
- Equipment should not be removed from the gym without supervisor approval.

Risk/Member protection:

- A Gym induction program and pre-activity questionnaire to be conducted by all first time users and should include:
 - Completion of the Pre Activity Questionnaire
 - Tutorage on the safe usage of the equipment
 - Orientation of the gymnasium and emergency procedures
 - Completion of the Gym Induction Check list
 - Instructions on hygiene and cleaning procedures
- Gymnasium Sign In/Sign out sheet to be used on every visit to the gym