



Conditions for Members Using Member Personal Trainers

1. Either the Trainer or member wishing to be trained must make an application to the Club (Director of Coaching) for authorisation including day and time of training session (schedule to be maintained of use of gym).
2. Authorised Personal Training sessions may only take place in non-peak hour periods of 8am to 5pm.
3. The Trainer must be accredited with Fitness Australia and have professional indemnity insurance.
4. The Trainer and member being trained must ensure the Pre-Exercise Screening Form is completed and if required a medical clearance prior to commencement of training program.
5. The Trainer may only train 1 member at any one time.
6. The Trainer must not tout for business.
7. The Trainer and member being trained must show respect to other members at all times and not seek to reserve any equipment at any time, only using equipment when free.
8. The Trainer and member must ensure equipment used is returned to racks and tidy on completion of training session.
9. The Trainer and member be prepared to assist in Club busy bees and voluntary cleaning duties of the Club Gym.

Gym Management Policy

1. Members are not allowed to give non-members entry or access to the Club gym.
2. New and current members to be aware of completing the Pre-Exercise Screening Form to assist members identify if they are at risk during exercise. (Forms available online via club website and in the gym at the notice board).
3. Member/s are responsible to identify if they are at risk and are required to organise a medical clearance from a medication practitioner prior to exercising in the gym.
4. Member/s who identify themselves at risk to contact the Club and send a copy of the medical clearance for record keeping purposes.
5. Members who use the gym are required to tidy the gym after use, bring a towel to wipe equipment or lay on and wear shoes and proper safe attire.
6. Members who use the gym must be prepared to assist in Club busy bees and voluntary cleaning duties of the Club Gym.

Board of Management Nov 2013