



## Elouera Surf Life Saving Club Gym Rules

The following conditions are applicable to gym membership:

- All gym members must be financial members of Elouera SLSC and have paid gym fees as set by the Elouera Board of Management from season to season.
- Gym membership is **NOT** transferrable. Gym members are **NOT** permitted to invite non-gym members into the gym to use the facilities.
- Elouera members (and non-club members) in the under 14's age-group or below are **NOT** permitted in the gym under any circumstances. **NO** children are allowed in the gym.
- Elouera members in the under 15 age group are permitted in the gym, (provided that they have paid the appropriate gym fees) only under the supervision of a gym member over the age of 18.
- Elouera members who have graduated from the under 15 age group (now 16 yrs and 17yrs of age) are permitted in the gym, provided they have paid the relevant gym fees and are supervised by a member of the gym over the age of 18.
- Gym members are required to use gym equipment in a responsible manner so as not to injure themselves, other gym users, or damage equipment or the premises. This includes bringing a towel to place on equipment whilst you use it and to wipe down machines, barbells, floor mats and anything else when you are finished.
- Gym members using the gym must do so within their limitations. Gym users are requested to show consideration for tenants above the gym (Summersalt Restaurant and the clubs Caretakers residence), by not dropping weights being mindful of music volume.
- Gym members are required to re-rack all weights and dumbbells, being courteous to other gym members who are not as strong and can't lift all weights.
- Gym members must wear the correct gym apparel which includes a T-shirt or singlet, covered footwear and shorts. **Thongs, bare feet, swimming costumes, are not permitted.**
- Gym members are required to report all injuries and damage to equipment immediately, keep the gym tidy, and turn off the air-conditioning unit when last out of gym.
- CCTV cameras are installed in the gym. Footage is used to review and investigate incidents.

These gym rules will be monitored and policed. Gym members found to be breaking the gym rules or misusing the gym will be reported to the Board of Management for subsequent disciplinary action, which can include termination of gym membership without refund.

Elouera SLSC Gym Committee

Endorsed by BoM September 2022