



Metropolitan Caloundra Surf Club Gym Policy

SCOPE:

This policy applies to all members of the Metropolitan Caloundra Surf Life Saving Club and persons wishing to use the Gymnasium.

The gym has been established as a trial to support the training of the surf sports athletes and their programs under the supervision and coordination of club coaches :

Gym Manager: Madi Brown

Head Coach: Matt Richards

Water Coaches: Matt Richards, Noah Richards, Clint Robinson

Beach Coaches: Luke Saunders, Peter Bell

Rowing: Coaches: Jase Bean, Madi Brown

OBJECTIVE:

This policy is to ensure all members and visitors understand their obligations concerning the use of the club gymnasium.

SPECIFICATIONS

1. All members train at their own risk. No responsibility will be taken for injuries incurred as a result of entry or using gym equipment
2. Members and Visitors must be current financial, and proficient (Long Service or Life Members need not be proficient) members of the Club or SLSC Visiting Members must meet the same criteria and provide written evidence from their Club and attend during club sessions .
3. Gym use is restricted to the following members: • Active Club members who are 17 years of age and over, and are Rostered Patrolling Bronze Medallion/ Surf Rescue Certificate holders currently meeting their patrol obligations: or • Cadet members 15 years of age and over whilst under 17 years of age where such member is accompanied and supervised by a Club member authorised to use the Club Gym; • Long Service members: or • Life Member: or • Honorary members who are approved by the Board. • Officers of the Club as defined in the Constitution & By-Laws.
4. Children (under 14 years of age) are not allowed into the gym under any circumstances.

5. Any member who does not have a workout program, or is unfamiliar with using the equipment, must gain orientation tour / programme before using the facility. Please contact the relevant coach to arrange. Any other employee / volunteer / member must not offer fitness advice / instruction.
6. All rules displayed in the gym must be complied with, failing to do so may result in the club terminating the members use of the gym.
7. Any member who acquires a medical condition or has an injury must not use the facility until medical clearance is obtained or an approved return to sport/duties plan (which must be reviewed by the relevant coach)
8. Members will be diligent in the use of equipment and mindful of other members.
9. Gymnasium is only open for designated training sessions – it is not available for use at any other time

PROCEDURE

1. All Members and Visitors must complete a Metropolitan Caloundra Surf Lifesaving Club Gymnasium declaration (Available from the office or club website).
2. All members must attend the gym at a nominated session with listed club coach session. Members are not permitted to use the gym outside of designated and planned training sessions or without a club coach present
3. All gym members must sign in and out.
4. No sand in the gym.
5. No wet clothing in gym or on machines.
6. No inappropriate music – please consider others.
7. Wear covered shoes.
8. Always Wear a T shirt or Singlet.
9. Use a towel on equipment at all times.
10. Wipe down machine/equipment after use and follow COVID procedures.
11. Put weights and equipment back in storage area after use.
12. If you are unsure on how to use any of the equipment please seek assistance from the attending coach to avoid injury.
13. Report all incidents or damaged equipment to Office.
14. Attending coach is responsible to turn off the radio, tv, ceiling fan, air con and lights