

Holbrook Community Gym Club



Information Sheet

What is a Community Gym?

A community gym is a non commercial gym that is run by volunteers. This means that membership is cheap and affordable for most people. The membership costs are used only to cover costs of insurance, building costs, maintenance and equipment.

How is it run?

The Gym will be opened on specific days at specific times by a core group of keyholders that will be responsible for opening and closing the gym and making sure that all users are safe and complying with the conditions of use. The Keyholders will hold their own key to the gym. Each keyholder will be required to open the gym for a minimum of 1 hour every week for users. The gym and its associated costs will be managed by the executive of the Holbrook Community Gym Club who will also organise maintenance and upkeep of equipment. If you would like to volunteer to be keyholder you need to be able to commit to opening the gym for a 1 hour session each week. Contact Liz on 0428867868 or cpa30194@bigpond.net.au

What are the costs?

Fees will be reviewed annually. Current charges are: **Membership:** School Student \$10 Adult \$20 (one off payment) **Annual Fee:** School Student \$50 Adult \$110 **Half Yearly Fee:** \$75 **Quarterly Fee:** \$40 All Fees include Maintenance Levy.

What do I need to do to join?

To join up with the Holbrook Community Gym Club, all potential members must first complete and sign a membership and waiver form. The waiver which should be fully read and understood prior to signing indemnifies the Holbrook Community Gym Club from Death or Injury as a result of activities at the Holbrook Community Gym. The Holbrook Community Gym Club is covered by public liability insurance but due to the inherent risks associated with physical activity, the waiver acknowledges that each member is aware of these risks. The Holbrook Community Gym Club has a Risk Management Plan in place and will endeavour to minimise the risk of harm in the facility. Membership fees will be required to be paid in full up front prior to use of the facility. No exceptions will be made to costing or payment schedules.

Do I receive an exercise program or instruction?

Due to the nature of the Holbrook Community Gym Club, there is no personal instruction given prior to using the gym. As with commercial gyms, each member has a choice to use the equipment without receiving personal instruction or developing a tailored program. There are numerous instruction sheets on the walls of the gym as to how to correctly use equipment. Do not seek advice on use of equipment from any person that is not an accredited personal trainer. The Holbrook Community Gym Club strongly recommends that every member seek professional advice prior to using the equipment at the gym or beginning any form or exercise schedule.

What is required of the Keyholders?

The Keyholders are responsible for opening and closing the gym. The keyholders also manage use of the gym. The keyholders will also ensure that you sign in and out. Keyholders are **NOT** recognised personal trainers and no personal instruction should be given by the keyholders unless they are accredited personal trainer.

When is the Gym open?

To minimise the costs, the Gym will be opened by a group of volunteer keyholders. The times and days that the Gym will be opened will vary depending on the time suggested by the

keyholder. There will be a set opening roster that will operate. This timetable will be published from time to time in the Holbrook Happenings, at the gym and on our face book page. There will be days when the gym cannot be opened due to keyholder absence and the unavailability of replacements. If any member knows a keyholder personally, the Gym may be opened at other times as long as the relevant keyholder is able to open the gym and be present during use.

What is required of me as a member?

As a member of the Holbrook Community Gym Club you will be expected to abide by the rules outline at the Gym. You will also be required to sign in and out when using the facility and equipment. This also ensures that we are complying with our Risk Management and prevents future litigation. All members are required to use towels when using the benches or use wipes to clean equipment after use. All members are also required to replace equipment and weights when finished with use. Weights must only be used if there are 3 or more persons in the gym. All members should keep in mind that there will be a limit of 15 minutes of use for each piece of equipment if there is someone waiting to use it. Memberships will remain current for 12 months from the initial purchase date. It is up to the member to renew membership prior to its expiry.

What do I do if I have a complaint or injury?

If you have a complaint, it is recommended that you approach a keyholder. If the complaint involves a keyholder, the complaint should be directed to the president or a member of the executive of the Holbrook Community Gym Club. Committee contact details are posted at the gym. All injuries will be logged in a register. Because there is no personal instruction provided by the keyholders, there is no personal injury insurance associated with the cost of membership. Again, it is strongly recommended by the Holbrook Community Gym Club that all potential members seek a form of income protection insurance, personal injury insurance and/or private health cover before undergoing any activity with the Holbrook Community Gym Club.

What happens if I breach a condition of the use of the gym?

A breach of rules will result in the possibility of membership being terminated and all fees forfeit to the Holbrook Community Gym Club. If a breach of the rules is identified, the Keyholders will conduct a special meeting to determine whether the membership will be terminated. This will be decided by a 75% minimum majority vote.

Extra information for under 18's and Parents

No children under the age of 14 are permitted in the gym.

Children over the age of 14 are permitted to use the gym facilities **but are NOT allowed to use the WEIGHTS and must be accompanied by a parent.** Children over the age of 16 are permitted to use light weights. It is recommended that you seek professional advice on the use of weights.

It is the responsibility of parents to ensure children are aware of the gym rules and that they behave in an appropriate manner at all time when in the gym. ***The gym has a 3 strikes policy for minor infringements. Membership will be cancelled after 3 infringements while more major infringements will result in instant cancellation of membership.***

Due to the associated risks and insurance requirements, these guidelines must be strictly adhered to. Failure to comply with these rules may jeopardise the sustainability of the Holbrook Community Gym Club.