

CONDITIONS OF ENTRY INTO KURRAWA SLSC GYM:

Sign In: MUST record into log book provided with date, full name, time in and time out

Attire: Shirt/Singlet, Covered Shoes

Personnel Equipment: Towel, Drink bottle

Equipment: Towel to be used and equipment wiped down after each use.
Remove weights when set complete and place back on racks provided
Remove ALL sand from equipment if taken outside before returning to gym

General: All rubbish to be placed in bin provided
Remove sand from feet before entering
Turn off radio, lights and fans if you are last to leave
Close all open windows if you are last to leave

- Members are prohibited from using any equipment or weights without first being inducted by an authorized qualified person or strength conditioning advisor sanctioned by Kurrawa SLSC. Please contact the office for a list of accredited persons.
- All gym equipment must be used strictly in accordance with the advice/instructions obtained and/or displayed on equipment and any other advice or instruction provided by Kurrawa SLSC Inc., it's Committee members, employees, agents and members from time to time. I will comply with these directions in relation to:
 - i. entry and exit to and from the gymnasium
 - ii. the use of the facilities and equipment in the gymnasium
 - iii. my behaviour and conduct whilst on the premises
- I waive all claims or causes of action which I might otherwise have arising out of loss or life or injury, damage or any other loss, which I may suffer in the course of or consequent upon my entry or participation in any activities in the gymnasium.
- I acknowledge that I have sole responsibility for my personal possessions and athletic equipment whilst at the gymnasium or during its related activities.
- I consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness whilst on the premises. It is suggested that all persons seek medical advice and obtain a medical clearance prior to engaging in physical exercise.
- I am aware that the use of the gymnasium and its facilities may involve strenuous activity that can be physically demanding and that exercise and the equipment used is potentially dangerous.
- I agree that I am in a good state of health and I am medically fit to use the gymnasium facilities and there is no medical reason to prevent me from proceeding with the use of the gymnasium facilities without endangering my health.
- I agree to conduct myself in an orderly and proper manner and not engage in conduct, which would cause harm, create a hazard or nuisance to other members.
- I acknowledge that the club cannot warrant the safety and suitability of the gymnasium equipment.
- I hereby assume all risks associated with the use of the premises and facilities.