1.0 WEST ARTHUR COMMUNITY GYM MEMBERSHIP APPLICATION

(This page is not required if Register Now completed online – only for in person payments at the Shire)

Personal Details

GIVEN NAME _____

FAMILY NAME _____

IF UNDER 18 YEARS GUARDIAN'S NAME _____

ADDRESS _____

HOME PHONE _____

MOBILE PHONE _____

EMAIL _____

Emergency Contact

NAME _____

PHONE _____

RELATIONSHIP _____

Fees and Payments

Single $60
Family $90
Senior/Youth/Student $30
***Fees are due 1 October 2016*
Names of all family members covered by this agreement
(Parents and dependent children under the age of 18)

It is preferred that participants register direct through **Register Now**.
https://www.registernow.com.au/secure/Register.aspx?E=22822
or go to www.registernow.com.au
click MORE under Find an Event
In Event Name box type: West Arthur Community Gym
Click Search then click Register
If you choose not to register this way, you may pay at the Shire Office during office hours.

Member Representatives Involved in Decision Making

If you wish to be included in decisions regarding the purchase of equipment, reviewing and setting the membership fees and general operational guidelines, please indicate through Register Now or advise Shire staff when paying membership.

2.0 PRIVACY STATEMENT

The Shire of West Arthur follows the principals set out in the Privacy Act 1988, as amended and is committed to respecting the privacy of individuals through ensuring the security of personal information. The information collected on this form is collected for the purpose of processing, managing and administering your membership. It will not be otherwise disclosed without your consent.

If you wish to seek access to your personal information or have any questions regarding the handling of your personal information, contact the Shire of West Arthur on 9736 2222. We welcome any changes to your details so as to keep our records up-to-date.

3.0 GUIDELINES AND CODE OF CONDUCT

1. Only members may access the West Arthur Community Gym.
2. To use the West Arthur Community Gym members must meet the following conditions:
    a. Complete the Membership Application, agree to abide by the Guidelines and Code of Conduct, pay the membership fee and be accepted as a member by the Shire of West Arthur.
    b. Be over the age of 12 years.
    c. If between the ages of 12 – 17 years must be supervised by an adult inducted gym member.
    d. Be inducted into the use of the West Arthur Community Gym by a suitably qualified person as nominated by the Shire of West Arthur.
    e. All people in a family membership must be inducted.
3. Members are encouraged to exercise with another member for safety and that at least one member has a mobile phone for use in case of emergency.
4. Members must be 18 years or older to use the facility alone.
5. If using the facility alone, members are advised to let someone know how long you may be, take a mobile phone to use in case of emergency and take extra care when using weights and equipment.
6. Access is via a key in a locked box at the Darkan Town Hall. Members will be given the code to the box upon membership approval. Access is limited to members only. Allowing non-members to access the room may result in cancellation of membership.
7. Members must at all times exercise care in using equipment and to behave in a manner which does not endanger or inconvenience other users. If the West Arthur Community Gym is busy please share equipment and be considerate of others.
8. No food, alcohol or drinks other than water are to be consumed in the West Arthur Community Fitness Room. Members can bring their own water bottle to ensure adequate hydration.
9. Use of appropriate footwear and clothing is encouraged for your safety, and a towel to use on shared equipment. Any jewellery that may possibly injure a user, including rings and necklaces, is not permitted. Members are free to bring their own music for personal use.
10. Smoking is not permitted in the West Arthur Community Gym.

11. Please ensure that the lights and electrical equipment are turned off at the power points and that the door is securely locked after use.
12. Access is available from 5am to 10pm. Please be considerate of the neighbours; arrive and leave considerately and ensure that music and noise does not impact on the neighbours.
13. Members are responsible for ensuring the West Arthur Community Gym and equipment are cleaned after use and stored in a tidy manner. NO equipment is to be added to or removed from the West Arthur Community Gym. Report any defective or damaged equipment to the Shire of West Arthur or appointed representative, place a warning-defective equipment sign on the equipment and make a note in the book provided. If this sign is in place only an authorised person is permitted to remove this sign. Signs will be removed when the equipment is made safe or fixed by the Shire of West Arthur representative. Any injuries sustained in the West Arthur Community Gym or as a result of using the equipment must be recorded in the incident register book located in the gym. If First Aid equipment is used please notify the Shire of West Arthur.
14. Membership may be terminated by the member at any time by contacting the Shire of West Arthur. Should the membership be terminated by the Shire of West Arthur the member will receive written notice.

4.0 PRE-ACTIVITY REVIEW

If you have any of the following conditions, are pregnant or have not undertaken an exercise program before it is strongly recommended you seek a review from your GP before commencing an exercise program

- Asthma or any other respiratory disorder
- Hernia or any other muscular problems
- Heart trouble/pain/tightness in chest/high/low blood pressure/high cholesterol
- Arthritis, back problems or any other skeletal injury
- Diabetes/stroke/epilepsy/blood disorders or any other chronic health condition

If you have not seen your GP in the last six months and have any of the following or are taking prescription medication it is strongly recommended that you seek a review before commencing an exercise program

- Family history of heart disease/high blood pressure/stroke
- Regular headaches/pounding/palpitating heart/chronic cough
- Chronic pain
- Incontinence
- Allergies that cause a significant reaction

5.0 DECLARATION

I have read the West Arthur Community Gym Guidelines and Code of Conduct and I agree to abide by them. I have read the Pre-Activity Review and I declare that I have no medical conditions that would involve a risk to myself or others using the West Arthur Community Gym. I will seek medical advice and a medical clearance before commencing a gym program or if required during the course of my membership for any medical conditions that may impact on my safe use of the West Arthur Community Gym.

I waive all claims or causes of action which I might otherwise have arising out of loss of 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 West Arthur Community Gym.

This waiver, release and discharge shall operate separately in favour of any person involved in the ownership and/or operation of the West Arthur Community Gym. The waiver shall operate whether or not the loss, injury or damage is attributable to the act or neglect of any one or more of such persons.

I acknowledge that

- I will comply with any reasonable direction of the officials of the Shire of West Arthur in relation to entry/exit to and from the West Arthur Community Gym; the use of facilities and equipment in the West Arthur Community Gym; my behaviour and conduct whilst on the premises.
- I have sole responsibility for my personal possessions whilst at the West Arthur Community Gym or during its related activities.
- That the use of the West Arthur Community Gym and its facilities may involve strenuous activity that can be physically demanding and that improper use of the equipment is potentially dangerous.
- I am in a good state of health and I am medically fit to use the West Arthur Community Gym facilities and there is no medical reason to prevent me from proceeding with the use of the 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.
- The Shire of West Arthur make every endeavour to maintain the safety or suitability of the fitness equipment, however it is my responsibility to ensure the equipment is suitable for use.
- That the West Arthur Community Fitness Room is an unsupervised facility and its safe use is therefore the responsibility of authorised members.

I hereby assume all risks associated with the use of the premises and facilities.

_____ _____ _____

PRINT NAME SIGNATURE DATE

Induction completed by _____ DATE_____