



BROOKTON ALL HOURS GYM

MEMBERSHIP APPLICATION

1. COMPLETE THE FORM AND PAY MEMEBERSHIP FEE
2. ARRANGE INDUCTION AND HAVE FORM SIGNED BY QUALIFIED INSTRUCTOR.
3. RETURN TO THE SHIRE AND COLLECT YOUR GYM KEY AND CODE*. USE THE GYM, GET FIT, AND BE HAPPY!

MEMBER INFORMATION

NAME: _____

PARENT/GUARDIAN OF JUNIOR MEMBER: _____

DATE OF BIRTH (REQUIRED FOR JUNIOR MEMBERS): _____

CONTACT DETAILS: HOME: _____ MOBILE: _____

EMAIL: _____

POSTAL ADDRESS: _____

PREFERRED METHOD OF CONTACT: _____

IN CASE OF EMERGENCY, PLEASE CONTACT:

NAME: _____

ADDRESS: _____

EMAIL: _____

CONTACT DETAILS: HOME: _____ MOBILE: _____

MEMBERSHIP:

- | | |
|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> 3 months | <input type="checkbox"/> Adult Membership (18+) |
| <input type="checkbox"/> 6 months | <input type="checkbox"/> Junior Membership (under the age of 18 years but over the age of 12 years and must be accompanied by parent/guardian) |
| <input type="checkbox"/> 12 months | <input type="checkbox"/> Senior Membership (60+) |
| | <input type="checkbox"/> Concession Membership (Health Care Card, Pensioner)** |

***SECURITY: The Gym is accessed via a key-locked door and a code locked door. There is a \$60.00 bond for key – this is forfeited for any lost or stolen keys. Bond will be refunded upon expiration of gym membership and return of key to the Shire Administration Office. The code will be issued to you when you sign up, and is changed every 3 months.**

** To be eligible for Concession, a Shire Staff Member must sight a valid and current Health Care Card.

*** Fees are subject to Council approval on an annual basis – please refer to the Fees and Charges for current fees and charges.

PRE-ACTIVITY REVIEW

Please tick response

- | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|-----------------------------|
| 1. Has your doctor ever told you that you have a heart condition or have you ever suffered a stroke? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 2. Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 3. Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 4. Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months? <i>(This does not include the self-administration of Ventolin, Becotide or any other inhalant)</i> | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 5. If you have diabetes (type I or type II) have you had trouble controlling your blood glucose in the last 3 months? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 6. Do you have any diagnosed muscle, bone or joint problems that you have been told could be made worse by participating in physical activity/exercise? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 7. Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/exercise? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

IF YOU ANSWERED 'YES' to any of the 7 questions, please seek guidance from your GP or appropriate allied health professional prior to undertaking physical activity/exercise.

IF YOU ANSWERED 'NO' to any of the 7 questions, and you have no other concerns about your health, you may complete your induction and become a Brookton Gym User.

I believe that to the best of my knowledge, all of the information I have supplied within this tool is correct.

Signature: _____

Date: _____

PRIVACY STATEMENT

The Shire of Brookton is bound by the principals set out in the Privacy Act 1988, as amended, and respects the privacy of your personal information. The information contained on this membership 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. We welcome any changes to your details so as to keep our records up-to-date.

DECLARATION:

I (*print name*) _____ agree and acknowledge the following:

- I have read the attached Conditions of Use and Policy, have understood its content and agree to abide by all conditions.
- I realise that it is in my best interest to consult a doctor before engaging in any physical training and I will ensure my health is of an adequate level so as to safely use the Brookton All Hours Gym.
- I will promptly notify the Shire of Brookton if I perceive any risks or hazards within the gym and surrounds in order to ensure a safe environment for all gym members.
- I will not allow any non-members access to the gym at any time.
- I will not hold the Shire of Brookton liable for any personal injury or loss or damage to property, however caused.

MEMBER SIGNATURE: _____ DATE: _____
(Parent/Guardian to sign for underage member)

INDUCTION INFORMATION:

THE INDUCTION WAS CONDUCTED BY:

NAME: _____

QUALIFICATION: _____

SIGNATURE: _____ DATE: _____

The induction of the Brookton All Hours Gym Included:

- Warm up and Cool Down Equipment Usage Cleaning Equipment
- Hygiene Injuries and Emergencies Appropriate Clothing

OFFICE USE ONLY:

MEMBERSHIP PAID: YES NO RECEIPT #: _____

INDUCTION COMPLETED: YES NO TOTAL FEE PAID: _____

GYM KEY ISSUED: _____ BY (STAFF NAME): _____

BOND PAID: _____ DATE: _____

EXPIRY DATE: _____

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CONDITIONS OF USE AND POLICY

ABOUT THE BROOKTON ALL HOURS GYM

The Brookton All Hours Gym is available to all registered members. It is accessible 24 hours a day, 7 days a week for members and is an un-manned gym.

REQUIREMENT FOR INDUCTION

As an un-manned gym it is a requirement that all members obtain an induction from a qualified person that includes instruction on the safe use of the provided equipment, appropriate gym attire, cleaning of gym equipment and warm up and cool down exercises.

Gym members will be required to have an induction every 12 months to ensure they stay up to date with the safety requirements of the gym and the use of gym equipment.

Due to the requirement for an induction, there are no 'casual' or 'trial' memberships available.

EVACUATION AND EMERGENCY CONTACTS

In the case of emergency where evacuation is required, members should follow the emergency evacuation plan located on display in the gym. For group activities, there is an assembly point located in the south car-park near the storage shed. Please call 000 for Fire, Police or Ambulance.

For other emergencies, please contact Shire Administration on 9642 1106 or 0427 421 032 after hours.

ACKNOWLEDGEMENT OF RISK

The Brookton All Hours Gym operates on an all day/night basis and is accessible by members. The Shire has made every effort to ensure that its Conditions of Use and Policy has been prepared and implemented to promote safe and correct use of gym equipment to encourage a safe environment for all gym users.

Members accept and understand that there are obvious and inherent risks in the activities undertaken at the Shire of Brookton's All Hours Gym and acknowledge that the activities members undertake whilst at the gym may involve a risk of physical harm and that by participating in these activities voluntarily; you do so at your own risk.

The Shire of Brookton, its servants and agents, accept no liability for any loss or damage to property or death or personal injury however arising from members' use of the Brookton All Hours Gym.

All members are advised to seek medical consultation and clearance before commencing an exercise programme. The pre-activity review administered by the Shire does not provide advice on a particular matter, nor does it substitute for advice from an appropriately qualified medical professional. The Shire of Brookton recognises that this review in no way provides guarantee against injury or death, but rather provides a tool for both staff and users to identify health risks that may be present. The Shire of Brookton cannot force a user to seek a medical clearance before using the gym.

DISCLOSING AND SHARING OF INFORMATION

The Shire of Brookton respects the privacy of your personal information. The Shire of Brookton is bound by the principles set out in the Privacy Act 1988, as amended, and respects the privacy of your personal information. The information contained on membership forms 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.

MEMBERSHIPS

The following types of memberships will be available:

- Adult Membership (18+)
- Junior Membership (under the age of 18 years but over the age of 12 years)
- Senior Memberships (60+)
- Concession Memberships (Health Care Card holder, Pensioner)
 1. Memberships are not transferrable or refundable.
 2. Memberships run for 3 months, 6 months or 12 months.
 3. Memberships may be cancelled at any time at the Shire's discretion or a member may be requested to leave if the member does not behave in a responsible manner, or does not adhere to the Conditions of Use or Policy.
 4. Facilities or equipment within the gym may be unavailable from time to time due to breakdown or other unforeseen reason. The Shire will not be held liable for such occurrences.

TERMS AND CONDITIONS

Dress Code:

1. You must be clean and dry when entering the gym.
2. Shirts/singlets or athletic crop tops are to be worn at all times.
3. Covered athletic shoes are to be worn at all times.
4. Any jewellery that may cause injury is not to be worn.

Use of Equipment:

1. Equipment only to be used as shown in displayed instructions or as advised during induction.
2. All equipment to be returned to its allocated position after use.
3. A towel must be used at all times, and equipment wiped down after use.
4. Weights are not to be dropped.
5. Any faulty equipment must be reported in the book provided.
6. Any equipment that is unsuitable for continued use is to have an 'Out of Service' tag attached.
7. No member is to use equipment while under the influence of alcohol or recreational drugs.
8. Equipment is to be cleaned using the supplies provided after you have finished your work out as shown in your induction.

Member Access:

1. Access is only available to members. The taking of non-members to the gym, or sharing your door code will void your membership immediately. A 12 month ban will be imposed on your usage and no refund will be given.
2. The Gym is accessed via a key-locked door and a code locked door. There is a \$60.00 bond for key – this is forfeited for any lost or stolen keys.
3. Bond will be refunded upon expiration of gym membership and return of key to the Shire Administration Office. The code will be issued to you when you sign up, and is changed every 3 months.
4. Bond will be forfeited if the key is not returned **within 14 days upon expiration of gym membership**.
5. All members must sign in and out in the book provided.
6. Members to ensure the doors are locked when leaving.
7. All members are encouraged to attend the gym with another member to reduce the risk of injury and accidents.
8. Juniors under the age of 18 years but over the age of 12 years must be registered and accompanied by their listed parent or guardian.
9. No children under 12 years of age are permitted to enter the gymnasium.
10. No smoking, food or drinks can be consumed in the Gym other than water contained in sealed bottles or containers.
11. If you are the last one to leave ensure the lights and air-conditioners are turned off.
12. I-pods/phones etc. are to be made inaudible to other users unless by agreement of all those present at the time.
13. Members will not use the gym if there is a change to their medical condition that makes it unsafe to do so.
14. Any injuries sustained in the gym must be reported to Shire Administration and recorded in the book in the gym.