



Royal Queensland Yacht Squadron

GYMNASIUM USE POLICY

Revised
October 2020

RQYS Member Gymnasium Use Policy

Purpose:

To ensure the safe, courteous and respectful use of the RQYS Gymnasium.

Opening Hours:

1. The Gymnasium (Gym) opens during manned reception hours for Royal Queensland Yacht Squadron (RQYS) Clubhouse Reception (Reception):
Monday - Sunday: 7.30am – 7pm
2. RQYS reserves the right to suspend the use of any facilities at any time for the organisation of private classes and activities or for the arrangement of maintenance or cleaning without prior notice.

Dress Code:

All users should wear appropriate apparel and footwear to comply with the requirements of the Gym, otherwise the access to and use of such facilities will be refused. No boots, street shoes, sandals or bare feet are permitted.

Access to Gym:

1. The Gym is for the entry and use of current, financial, RQYS Full Members (Life, Full, Full-Spouse Partner, Fully Paid, Senior Long Term, Senior, Country, Sponsorship, Young Adult and Junior). No Member's guests or visitors may use the Gym at any time unless approved by the General Manager.
2. Members can sign out a key to the Gym once they have completed the Gym Users Agreement, this key can be signed out from Reception and is to be returned to Reception at the end of a Member's Gym session. A \$50 refundable deposit must be paid to the reception desk in exchange for the gym key.
3. Members shall complete the sign-in/sign out register for the key at Reception.
4. Persons under 16 years of age are prohibited from using the Gym unless under approved circumstances. Approved circumstances include supervision by a Parent/Guardian, involvement and participation in a Group Class or under supervision of an RQYS Coach or Approved Trainer.
5. Persons 16 – 18 years of age are permitted use of the gym with written consent signed by the Parent/Guardian.
6. Presence in the fitness area is limited to those who are signed in and using to the equipment. People who are not making use of the Gym are not permitted in the area.

RQYS Member's Gym Rules:

1. Persons using the equipment in the Gym are responsible for their own safety. You are advised to seek advice and assistance from our Reception or Sailing staff if in any way unsure of anything relating to their own safety.
2. Smoking, eating and drinking (except water) is prohibited in the Gym at all times.
3. Members are strongly encouraged to train in pairs or groups so that adequate spotting can be conducted. Members training alone understand and will have evaluated the risks based on their experience and

agree to do so at their own risk. Members additionally MUST wear provided emergency tags, are required to keep their mobile phone on their person and should not lift any weight that would ordinarily warrant a spotter. Members agree that when working alone, weights should be adjusted to no more than 75% of their regular weight lifts.

4. For the safety of all users, please refrain from preventing others' use of, or interfering with the equipment in the Gym.
5. Any jewellery must be removed prior to using the Gym equipment as it may cause damage and poses a safety risk.
6. Any equipment used is to be returned to the appropriate location.
7. Please mute mobile phones while in the Gym.
8. The use of personal towel is mandatory. This is a public health requirement and failure to do so will result in being banned from using the facility.
9. In case of any doubt, complaints about Gym equipment or for equipment breakdowns, Members must immediately contact Reception for assistance.
10. Members agree to handle the equipment in the Gym with care.
11. Gym equipment should be checked before each use to ensure it is safe and in an operable condition. Members using the Gym agree that this is their responsibility. Any equipment not operable, or any equipment that breaks during use is to be "Tagged" by the member with the Tags provided and agree to notify Reception upon their Sign-In of the Gym key. Do not continue to use the equipment.
12. Members are required to report any member not utilising equipment properly or failing to follow these rules and guidelines.
13. RQYS will take no responsibility for the loss, theft or damage of belongings brought into the Gym by users.
14. Users are responsible for their own property and safety and are expected to safely use the equipment provided. Do not lean on the equipment. Keep your hands away from any moving parts.
15. RQYS, its Board, Management or Staff will not be responsible for injury or resultant damages of anyone using the facility.
16. Members are responsible for their own prior fitness assessment for use of equipment. Equipment that is used inappropriately may cause injury or death.
17. Anyone found defacing or damaging the Gym room or equipment is subject to disciplinary action and will be held financially responsible.
18. Failure to comply with the above rules may result in a temporary or permanent ban, or action under the RQYS Constitution and By Laws.
19. RQYS reserves the right to amend these rules and regulations without prior notice. Changes will be posted in the Gym.

Terms and Conditions of Use:

All Gym users must agree in writing to the following Terms and Conditions of use: (Form 1 attached)

1. 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 Gym.
2. This waiver, release and discharge shall operate separately in favour of any person involved in the ownership and/or operation of the 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.
3. I acknowledge that I will comply with any reasonable direction of the officials and staff of the Royal Queensland Yacht Squadron (RQYS), as per the 'Gymnasium Use Policy' and 'Rules'.
4. I acknowledge that I have sole responsibility for my personal possessions and athletic equipment whilst at the Gym or during its related activities.
5. 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.
6. I am aware that the use of the Gym 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 gym facilities and there is no medical reason to prevent me from proceeding with the use of the gym facilities without endangering my health.
7. I agree to conduct myself in an orderly and proper manner and not engage in conduct which could cause harm, create a hazard or nuisance to other members, or damage equipment or facilities.
8. I acknowledge that RQYS cannot warrant the safety and suitability of the Gym equipment, it is my responsibility to check prior to use.
9. I hereby assume all risks associated with the use of the premises and facilities.
10. I acknowledge that failure to return the key will result in the \$50 refundable deposit to be forfeited.
11. If the key is to be returned outside reception trading hours, it must be placed in the safety deposit box located outside the Main Clubhouse entrance (beside the Taxi Phone).
12. I acknowledge that the Gym is an unsupervised facility and its use is therefore the responsibility of authorised members.

Form 1

RQYS Member Gymnasium Use Policy & Rules Declaration

I have read and understand the abovementioned Policy, Rules and Terms & Conditions of Use and agree to abide by these guidelines as a condition of my use of the Gymnasium at the Royal Queensland Yacht Squadron.

Member's Signature: _____

Member's Name: _____ (please print)

Parent/Guardian/ Supervisors Name: _____ (for under 18 yo)

Date: _____

This form must be returned to RQYS Reception prior to being allocated with the key to the Gym