

Member Name : _____

Date Inducted : _____

Fob No : _____

“Wyndham Waters”

Recreation Centre

Members Information & Induction

Recreation Centre Manager

Mr John Campatelli

Mobile (M) 0400 122 835

Centre Hours of Operation

**Monday to Sunday 5.00am to
10.00pm**

Gymnasium Induction Checklist

Program

Cardiovascular Equipment

Awareness and understanding of the Fitness Centre Rules and Regulations.

Treadmill	Start/Stop	i
	Speed Adjustment	i
	Incline Adjustment	i
Stepper		i
Elliptical Trainers		i
Upright Bikes	Seat Height Adjustment	i
Rower	Technique	i
Training Intensity	Heart Rate for Age	i
Stretching		i

Weight Training Equipment

Weight Machines	Adjusting Weight (pin)	i
	Adjusting Seat/Height	i
	Exercise Diagrams	i
	Movement of Exercise	i
Benches	Adjusting Angle	i
Free Weights	Safety/Technique	i
Fit Balls	Safety/Technique	i

I hereby confirm that I have been inducted in the use of the Wyndham Waters Gymnasium

Member Name: _____

Fob No.: _____

Signed: _____ Date: _____

Health Inventory (This is personal information and will be kept as such)

First Name: _____ Surname: _____

D.O.B: ____/____/____ Sex: M F

Address: _____

Telephone: (h) _____ (w) _____

Occupation: _____

Have you, or ever had: (tick the appropriate)

	Yes	No	Not Sure		Yes	No	Not Sure
Difficulty in breathing				Varicose Veins			
Palpitation/pounding of the breathing				Nervous/mental disease			
High Blood Pressure				Pneumonia			
High Cholesterol				Stomach ulcer			
Rheumatic Fever				Diabetes			
Any Heart/Stroke Conditions				Hernia			
Blood Clots in legs				Asthma			
Are you pregnant or attempting to get pregnant?							
Have you had a child within the last six months (women only?)							
Do you suffer pains in your Heart or Chest?							
Do you often feel faint or have faint spells of severe dizziness?							
Has anyone in your family ever suffered from Coronary Heart Disease and if so, was it before age 65?							
Has your doctor ever told you that you have Bone or Joint problem such as Arthritis that has been aggravated by exercise or might be made worse with exercise?							
Is there a good physical reason not mentioned here why you should not follow an activity program?							
Do you take any prescribed medication?							
Have you had any major surgery or injuries in the last three years?							
Are you over 45 AND unaccustomed to vigorous exercise?							
Do you smoke? If so, how many per day?							

Please note: if you answered yes to any of the above, we recommend you gain medical clearance prior to beginning your exercise program.

Statement

I undertake this exercise program under my own volition. In doing so, I understand that any injuries I may incur as a result will be my own responsibility and I will not hold Body Corporate 509588A or Wyndham Waters Recreation Centre Management responsible with any claim of compensation, financial or otherwise

Member Signature _____ Date: _____

Gymnasium Regulations:

- Members are not permitted to use the Gymnasium until they have completed an **induction** conducted by the Recreation Centre Manager.
- All **equipment must be used in a responsible and careful manner** to ensure the equipment lasts and to prevent injury; all equipment must be placed in its **correct storage** area on completion of activity.
- For hygiene purposes, every member must **bring a towel** for personal use while exercising in the Gymnasium and also wipe down equipment after use.
- **No food or Alcohol** may be brought into the Gymnasium.
- **Appropriate attire** must be worn at all times (including sport footwear).
- Personal items (e.g. bags, keys, papers) are to be stored in the lockers provided and may not be brought into the Gymnasium.
- **Lockers are to be used only while the Member is in the Gymnasium;** lockers are to be cleared when the Member leaves the Gymnasium.
- Members are to report to the Recreation Centre Manager if they feel unwell at any stage during or after completion of exercises performed in the gymnasium.
- Members are **permitted to bring one (1) guest or other non-member** into the Gymnasium.
- Members must comply with all rules of use, policies and regulations relating to the gymnasium.
- Access to the gymnasium may be withdrawn if Member fails to comply with the above terms and conditions.

Statement:

I agree to comply with the above Gymnasium Regulations:

Member

Date:

Signature: _____

GYMNASIUM RULES OF USE

1. Children below the age of 13 years are not to be in or around the gymnasium unless accompanied by an adult Member.
2. Glass objects, drinking glasses and sharp objects are not permitted in the gymnasium.
3. Alcohol and food are not permitted in the gymnasium.
4. Smoking is not permitted in the gymnasium.
5. All users of the gymnasium must carry a towel at all times and wipe down equipment after use.
6. Hours of use are between 5.00am and 10.00pm.
7. Suitable footwear must be worn to and from the gymnasium and whilst in the gymnasium at all times.
8. Members must be inducted into the equipment prior to the Body Corporate granting access to the gymnasium.
9. All Members using the gymnasium do so at their own risk.
10. Members are not permitted to play music in the gymnasium.
11. Personal trainers must be registered with the Recreation Centre Manager.

WET AREAS, BBQ AREAS & TENNIS COURT RULES OF USE

1. Children may use the wet areas (pool, sauna, steam and changing rooms) only if supervised by an adult Member.
2. All Guests must be accompanied by a Member at all times.
3. Hours of use are between 5.00am and 10.00pm.
4. Glass objects, drinking glasses and sharp objects are not permitted in the wet areas.
5. Food is not permitted in the wet areas. Alcohol is not permitted in any area.
6. Smoking is not permitted in the wet areas.
7. For the hygiene of all users of the swimming pool you must shower before using the pool, sauna and steam room.
8. All users of the swimming pool must dry off before leaving this area
9. Footwear must be worn to and from the wet areas.
10. All users of the wet areas must ensure appropriate attire is worn at all times (ie. nude swimming is not permitted).

11. Running, ball playing, noisy or hazardous activities are not permitted in the wet areas.
There is strictly No Diving.

12. All users of the wet areas do so at their own risk.
13. Tennis Court Games are to be strictly conducted in one (1) hour blocks.

Statement:

I agree to comply with the above Gymnasium and Wet Area Rules of Use:

Member _____

Date: _____

Signature: _____
