

24/7 Member Induction

By ticking the box, you acknowledge you have been informed, understand, and agree to adhere to the below requirements

- Gym After Hours Entrance is available ONLY during unstaffed hours
- Parking is available in our main car park and on the street parking on Lammont St. Disability parking and access is from Lammont St only
- I have been shown how to enter the gym via the After Hours entrance
- I acknowledge that my membership pays for my access only. Criminal charges and penalties apply for allowing anyone else in on your membership.
- I know where the stationary and portable duress alarms are located and I know how to use them
- I understand that it is recommended the portable duress alarms are carried when accessing the gym during unstaffed hours
- I acknowledge that both portable and stationary duress buttons are only to be hit in an emergency and that penalties apply for misuse of duress alarms
- I understand where the intercom is located and how it works
- I know where the first aid kit is located
- I acknowledge that it is recommended to use the individual disability/family toilet after staff hours
- I understand that when using barbells that the safety racks must be used
- I will not use any equipment or do any exercises that I do not know or have not be shown by a trainer
- I know where to find the communication book and know that all equipment breakdowns or faults are to be recorded
- I acknowledge that all lights, tv's must not be tampered with
- I acknowledge that there will be no music available in the gym afterhours and its recommended that I bring my own devices to listen to music through headphone

CONTACT US

CONNECT WITH US

24/7 Member Induction

20221006

- I am aware of the emergency exit locations and have been informed of the emergency evacuation process
- I will obey all staff direction, rules and signage in the centre at all times

