



Gwydir Shire Council Gwydir Fitness Centres

Membership Records

Warialda Fitness Centre
Address: 36 Hope Street
Warialda NSW 2402

Bingara Fitness Centre
Address: 8 Bombelli St
Bingara NSW 2404

Correspondence:

Gwydir Shire Council
Locked Bag 5
Bingara NSW 2404

Contact: Graham Cutmore
Phone: 02 6724 2000
Email: gcutmore@gwydir.nsw.gov.au

GWYDIR FITNESS CENTRE Registration form

Personal Particulars

Title:..... First Name:

Surname:

Date Of Birth:/...../..... Age:

Address:

.....

Phone: Mobile..... Other

Email:

Emergency Contact:

Membership Status: *(Please Tick One of the Membership Categories Below)*

Student Pensioner Adult Family Staff

Please note staff members must be permanent or permanent part-time employees to take advantage of our payroll variation.

Membership Category: *(Please Tick One of the Membership Categories Below)*

Casual Monthly Six Monthly

Payment Details: *(Please Tick One of the Payment Options Below)*

Cash Debit/Credit Card Direct Transfer Cash

STAFF ONLY SECTION

Amount Paid: Membership** \$ Rec #..... Date/..../.....

(** NB - Must include an initial one off payment for a FOB entry key of \$20.00 which is non-refundable)

Verification Completed: (Date and Initials)

Membership Renewal Due Date:

Date of Induction:

Date FOB Issued:

FITNESS CENTRE RULES:

1. All new members must pay membership in full, complete an induction process and sign the Acknowledgement of Risk and Assumption of Risk Warning prior to receiving their entry FOB.
2. All members 16 years and over will be provided with an electronic entry FOB. Family membership will be allocated one only entry FOB. Membership renewal is expected on or before the due date. Entry FOBs will be cancelled if membership expires.
3. Membership FOB will cost \$20.00 to be paid prior to the FOB being activated and gym admission being granted. Any lost or damaged FOB's can be replaced by purchasing a new FOB for an additional fee of \$20.00
4. Members allowing entry to Fitness Centre's of non-members will forfeit their membership.
5. Entry is restricted to members or individuals enrolled in fitness classes under the direction of a Council approved instructor.
6. Entry is not permitted for anyone under the influence of alcohol or drugs.
7. Squash court may be used for warm up exercise if not in use for exercise classes.
8. A towel must be used and placed on all machines when using the fitness centre. Equipment must be left clean and dry and wiped with provided sanitised wipes after use.
9. Fully covered running shoes must be worn when using the fitness centre.
10. Men must wear T-shirt or singlet whilst training in the fitness centre, no bare torso's allowed.
11. Swearing, consuming of food and anti-social behaviour should not be tolerated by members.
12. Members are expected to follow all instructions for the use of equipment and read instructions for the use of aerobic training equipment prior to usage. Please replace equipment after usage.
13. Equipment must be shared with other members and you are required to respect others rights to use the fitness centre.
14. Music may be played in the fitness centre but members are asked to be considerate of other users.
15. Council's delegated officer reserves the right to refuse membership and ask members to leave if required.
16. Members are encouraged to report any breakages and or necessary repairs and maintenance problems.
17. Members are encouraged to report any usage or behaviour breaches to the relevant Gwydir Shire council Staff.
18. 15 year old children may have access to the weights room when under the care of qualified supervision. A qualified person is an approved member or casual instructor who holds a Certificate 111 in Fitness and current Senior First Aid and CPR.

Please take into account that this is a facility provided by Council but is expected to be economically self-sustaining. All members are encouraged to claim ownership of the ongoing viability of the Gwydir Fitness Centre's.

ACKNOWLEDGEMENT OF RISK AND ASSUMPTION OF RISK WARNING:

As a user of Gwydir Fitness Centre you acknowledge that the recreational activities you undertake have potential dangers and by participating in them you are exposed to certain risks and understand that whilst participating in such activities

- *There are no onsite staff supervising*
- *Engaging in strenuous exercise can cause injury or death.*
- *Incorrect use of equipment can cause injury or death.*
- *The activities may cause physical or mental injury or possible death.*
- *Consumption of Alcohol or drugs prior to or during the use of the facility increases the risk of injury or possible death to yourself and others.*
- *Any physical conditions which you may or may not be aware of may aggravate and/or worsened by your use of the facility.*
- *Your personal property may be lost or damaged.*
- *Other people using the facility may cause injury to you or damage to your property.*
- *You may cause injury to others or damage their property.*
- *You are in good health and sufficient condition to properly use the Gym's equipment and facilities.*
- *You will carefully read the operating instructions for any equipment and operate these in strict accordance with instructions, and will seek advice if in doubt of proper use of equipment and facilities.*
- *The conditions within the facility may change without prior warning.*
- *There may be no adequate facilities for treatment or transport of you if you are injured.*
- *You assume the risk responsibility for and injury, illness and death, the loss or damage of property resulting from your use of the facility.*

You acknowledge and agree that the above mentioned injuries and potential causes of injury are not exhaustive, and there are other unknown or anticipated risks that may result in injury, illness or death.

You also acknowledge that whilst every attempt is made to ensure that the recreational services and facilities provided by Gwydir Shire Council are safe, there are some significant and inherent risks involved, and you agree that you are participating voluntarily at your own risk and responsibility, thereby exposing yourself to certain risks.

Release and Indemnity

In consideration of the use of Gwydir Fitness Centre, you release and discharge Gwydir Shire Council and it's officers, Directors, agents, employees, sponsors and affiliated entities (collectively the "Released Parties") from any and all liability, claims, demands and causes of action arising from injury or illness including death, damages or loss which I may have or which may accrue to me on account of using

Gwydir Fitness Centre's equipment or facility. This is a complete and irrevocable release and waiver of liability. I covenant not to sue the Released Parties for all alleged liabilities, claims or causes of action hereunder, except to the extent resulting from Gwydir Shire Council's gross negligence or willful misconduct.

I agree to indemnify and hold harmless the Released Parties from and against all claims which may be made by myself or on my behalf by other parties for or in respect of arising out of injury, illness, loss, damage or death, including but not limited to legal fees, sustained by myself, arising out of, in connection with or any way associated with my use of the Gwydir Fitness Centre.

STANDARD OPERATIONAL PROCEDURE

- Membership Fees are payable at the Gwydir Shire Council office.
- All users must complete the 'Pre Screening and Induction Process' prior to gaining membership. Members must also sign the Standard Indemnity Form.
- Membership payments are standardized for all users. Members have unlimited use of the facility 7days per week.
- Membership payments are GST inclusive. Membership payments are non-refundable.
- Membership fees are reviewed annually.
- A \$20 deposit is required to be paid to cover the cost of the Entry Fob.
- Both facilities are unsupervised and equipped with Fob Security entry and CTV security screening. Due to liability concerns members will not be permitted to bring children into the Fitness Centre while they are participating in personal fitness work.
- Family Members under the age of 15 may use the aerobic equipment and the Squash Court, but are not permitted access to the weights room. These Junior or Family Members must demonstrate via the induction process that they are competent on each of the aerobic machines. Centre management reserves the right to refuse Family or Junior Membership to those who are unable to demonstrate this level of competency.
- 15 year old children may have access to the weights room when under the care of qualified supervision. A qualified person is an approved member or casual instructor who holds a Certificate 111 in Fitness and current Senior First Aid and CPR.

Client Signature: **Date:**

Parent/ Guardian Signature: (*Member Under 18 Years of Age*)

Name:

Signature: **Date:**

ADULT PRE-EXERCISE SCREENING TOOL

This screening tool does not provide advice on a particular matter, nor does it substitute for advice from an appropriately qualified medical professional. No warranty of safety should result from its use. The screening system in no way guarantees against injury or death. No responsibility or liability whatsoever can be accepted by Exercise and Sports Science Australia, Fitness Australia or Sports Medicine Australia for any loss, damage or injury that may arise from any person acting on any statement or information contained in this tool.

Name: _____

Date of Birth: _____ Male Female Date: _____

STAGE 1 (COMPULSORY)

AIM: to identify those individuals with a known disease, or signs or symptoms of disease, who may be at a higher risk of an adverse event during physical activity/exercise. This stage is self administered and self evaluated.

Please circle response

1.	Has your doctor ever told you that you have a heart condition or have you ever suffered a stroke?	Yes	No
2.	Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise?	Yes	No
3.	Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance?	Yes	No
4.	Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months?	Yes	No
5.	If you have diabetes (type I or type II) have you had trouble controlling your blood glucose in the last 3 months?	Yes	No
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	No
7.	Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/exercise?	Yes	No

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 all of the 7 questions, and you have no other concerns about your health, you may proceed to undertake light-moderate intensity physical activity/exercise

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

Signature _____ Date _____

EXERCISE INTENSITY GUIDELINES

INTENSITY CATEGORY	HEART RATE MEASURES	PERCEIVED EXERTION MEASURES	DESCRIPTIVE MEASURES
SEDENTARY	< 40% HRmax	Very, very light RPE# < 1	<ul style="list-style-type: none"> Activities that usually involve sitting or lying and that have little additional movement and a low energy requirement
LIGHT	40 to <55% HRmax	Very light to light RPE# 1-2	<ul style="list-style-type: none"> An aerobic activity that does not cause a noticeable change in breathing rate An intensity that can be sustained for at least 60 minutes
MODERATE	55 to <70% HRmax	Moderate to somewhat hard RPE# 3-4	<ul style="list-style-type: none"> An aerobic activity that is able to be conducted whilst maintaining a conversation uninterrupted An intensity that may last between 30 and 60 minutes
VIGOROUS	70 to <90% HRmax	Hard RPE# 5-6	<ul style="list-style-type: none"> An aerobic activity in which a conversation generally cannot be maintained uninterrupted An intensity that may last up to about 30 minutes
HIGH	≥ 90% HRmax	Very hard RPE# ≥ 7	<ul style="list-style-type: none"> An intensity that generally cannot be sustained for longer than about 10 minutes

= Borg's Rating of Perceived Exertion (RPE) scale, category scale 0-10