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## Induction to Gwydir Gymnasium

Below are a number of very short induction videos which show how to safely use equipment you have access to as a member of Gwydir Fitness. Please note these videos are guide lines and the safe use of equipment is also the responsibility of the individual user. Any individuals with injuries or disabilities which may affect the safe and proper use of equipment contained within the Gyms must notify on induction on the application form and they must be cleared by the appropriate medical authority and provide documented advice on from their medical authority regarding any limitations or restrictions that must be adhered to by the members whilst attending Gwydir Fitness Centres

There are 15 Gymnasium Machines which are available in both the Bingara and Warialda Gyms. This document is an automated process which directs you to a number of video demonstrations on how to safely use each item.

Please “double click” on the blue numbered heading for each piece of gym equipment to be directed to a video for that item of Gym equipment. On the completion of each video:

- Close the video window
- Return to this induction form for the next video link

(Once all videos have been watched please tick each Completed Box ☐ for each video that you have watched on a printed version of this form)

### 1. Seated Rowing Machine



Please tick

2. [Cable Cross Over Machine](#)



*Please tick*

3. [Multi Press Machine](#)



*Please tick*

4. [Leg Press Machine](#)



*Please tick*

5. [Leg Curl / Leg Extension Machine](#)



*Please tick*

6. [Seated Lat Machine](#)



*Please tick*

7. [Roman Chair](#)



*Please tick*

8. [Chin Dip Combo Machine](#)



*Please tick*

9. [Leg Press Calf Raiser Machine](#)



*Please tick*

10. [Concept 2 Rower](#)



*Please tick*

11. [Treadmill](#)



*Please tick*

12. [Elliptical Trainer](#)



*Please tick*

13. [Stationary Recumbent Bike](#)



*Please tick*

14. [Stationary Upright Bike](#)



*Please tick*

15. [Smith Machine](#)



*Please tick*

16. Power Rack - [Video 1 – Squats](#), [Video 2 - Bench press](#)



*Please tick*

Please confirm you have completed watching all the induction videos by ensuring that each box is ticked on your induction form. **If you understand the induction videos you have watched and are confident you can safely operate these items please proceed to the General Induction Information.** If you are unsure or have further questions regarding these items of equipment or their use please refer your concerns to Gwydir Shire Council and further instruction will be arranged.



## General Induction Information

- Only Members that have completed an induction and signed the form can use the fitness Centre's.
- At all times users must work within their physical limits and not put themselves or other users at risk of injury.
- Members should be familiar with the Gwydir Fitness Centre's web site <https://wfc.gwydirshire.com/> which can also be located on the Gwydir Shire Council Home page.
- Members should treat equipment with respect, no dropping dumbbells or banging weight stack equipment, replacing weights to racks and leaving the Gym in an orderly manner.
- Members should be familiar with all equipment before usage. Operational instructions should be carefully read and equipment should not be operated outside of these guidelines.
- All members should be aware that there is one only entry and exit from the Gwydir Fitness Centre's.
- The Gwydir Fitness Centre's do not maintain a land line phone connection. In the case of an emergency ring TRIPLE ZERO.
- Members who fail to follow the guidelines may prejudice their membership.
- Contact Graham Cutmore via [gcutmore@gwydir.nsw.gov.au](mailto:gcutmore@gwydir.nsw.gov.au) or phone 08 6724 2000 if you have any questions about the safe conduct of the Gwydir Fitness Centre's or the condition or safe operation of the centres equipment and facilities.

### Declaration

- *I understand that this area is a 24 hour unsupervised facility that is for the exclusive use of members only.*
- *I understand that this area is monitored by CCTV recordings and displayed on a monitor in the foyer for security purposes.*
- *I agree to abide by the Fitness Centre Rules, Safety and Operational guidelines as stipulated in my membership registration and the Induction Processes and Guidelines.*

Member Signed: .....

Date: ...../...../.....

Member Name: \_\_\_\_\_

Staff Signed: .....

Date...../...../.....

Staff Name: \_\_\_\_\_