

CONDITIONS OF USE OF THE GWC GYMNASIUM/ FITNESS ROOM (Gym) AND EQUIPMENT

THE TRUSTEES OF THE GUILDFORD WATERSIDE CENTRE (GWC) HAVE AGREED THE FOLLOWING:

Who Can use the Gym?

1. Only fully paid-up members of one of the Member Clubs of the GWC are permitted to use the Gym. The Trustees may grant the use of the gym to additional specific people, for example a visiting National Squad athlete.
2. All Users must complete an application form and undergo Induction Training for the safe use of the equipment. A qualified and designated Gym Instructor must carry out this training.
3. It is the individual's responsibility to ensure they are physically capable of using the gym equipment. If in doubt it is the individual's responsibility to seek medical advice
4. A Parent or Legal Guardian is required to sign the GWC Application Form for the use of the Gym for anybody under 18 on the day of induction (but also see Rule 5).
5. Under normal circumstances GWC members under the age of 18 years are not allowed in the Gym. There are specific rules for the use of the gym by junior members of Wey Kayak Club (WKC).
 - a. WKC juniors aged 14 and 15 may use the Gym under the supervision of a WKC qualified coach or trainer and with a ratio of no more 1 coach or trainer to 6 juniors.
 - b. WKC juniors with ages of 16 and 17 may only train with a coach or trainer present or as part of a designated and approved training group having a minimum number of three people,
 - c. The coach or trainer specified for a WKC junior are to be approved by the WKC Club Coach in discussion with the junior's normal water-based Coach.

Who Cannot use the Gym?

6. Users are not permitted to bring friends or family for a "one off session." If this situation does occur, the User concerned will suffer the loss of their own Gym use for putting the GWC Trustees at risk of litigation. This will be taken very seriously indeed.
7. Spectators are not permitted in the Gym.

How to behave

8. Users should always exercise with a training partner or with someone else present in the Gym. Failure to do so puts the User at risk.
9. Users must behave considerately. Examples of inconsiderate behaviour are bad language, racist remarks, remarks of a sexual nature, and excessively loud music. With regards to music, it is noted that under normal use, music **will not be played** unless **all Users**, and at a volume that does not intrude upon any others using the Waterside Centre as a whole.

10. The use of the Gym while feeling unwell because of temporary illness such as a cold or fever, or against medical advice, is not permitted (this is for the well-being of both the individual and other Users).
11. Users are requested to carry a small towel whilst training to wipe machines after use.
12. All Users must be appropriately dressed when using the Gym. Shirts should be worn (for example, a T-shirt or vest). Appropriate and clean footwear must be worn (for example, training shoes).
13. Water consumption is recommended whilst in the Gym. The use of other drinks, for example, protein or carbohydrate drinks are permitted on the proviso that all drips, spills and residues are cleaned up thoroughly.
14. No food is to be taken into the Gym.
15. Mobile phones, if brought into the Gym, must be on silent.

How to use the equipment

16. Users must not tamper with the air conditioning system. This has been installed for the well being of members of the Samson Centre.
17. All equipment must be used in the correct manner for which it was designed, and each User must give due regard to their own health and safety and to that of others.
18. All equipment, especially free weights, must be returned to its storage rack or position at the end of each training session.
19. The last person to leave the gym must close all the windows, switch off the lights, sound system, ceiling fans and to finally to check that the door is locked on exiting.

When the gym can be used

20. The Gym will have times when certain groups are allocated use of the facility. A timetable will be displayed which must be strictly observed. The group with an allocated time slot will be fully justified to require other Users to leave the gym. Groups must vacate the gym by the end of their time slot and those repeatedly leaving late may have their time slot altered or removed altogether.

What happens when things go wrong?

21. The GWC Trustees & Management will make every effort to maintain the equipment in good condition and in good working order. Any faults found must be reported immediately to the Gym Manager. When any piece of equipment is out of order, no one must use any part of that piece of equipment until it is restored to full working order with any sign/hazard tape removed.
22. The GWC Trustees accept no liability for any injuries, damage, or loss, however caused, while using the Gym.
23. Any accidents are to be reported in the first instance through your own organisation (Samson Centre, Wey Kayak Club or Guildford Sub-Aqua Club), and to advise the Gym Manager of any report incident within 24 hours.
24. Failure to comply with any of these Conditions of Use may result in use of the Gym being withdrawn.
25. The Trustees of the Guildford Waterside Centre are the final arbiters in any decision regarding the use of the Gym and its equipment.

GWC Trustees
3-Apr-2023