



ATHLETICS ESSENDON GYM – CONDITIONS OF ENTRY

To ensure the safety and wellbeing of all athletes and coaches using the gym, the following guidelines must be followed:

- Athletes and coaches must be registered with both Athletics Victoria and Athletics Essendon as either a competitive athlete or club coach in order to use the gym and its equipment.
- Associate and un-registered athletes are unable to use the gym and its equipment.
- Athletes under the age of 18 must be supervised by a coach at all times.
- Athletes must actively represent the club ie. those found to have purchased an athlete membership to gain cheap gym access and not represent the club will have their membership terminated.
- Gym card access is restricted to committee members, coaches, elite athletes and senior athletes who have provided a valid reason for requiring access outside of official training hours.
- Coaches must ensure that athletes know how to correctly and safely perform an exercise and use specific gym equipment.
- Equipment is to be stored away safely and in the correct spot at the conclusion of a session.
- Gym users should respect the space of other users and maintain a safe distance when conducting exercises.
- Photos and videos of other users should not be taken unless given permission to do so.
- Any safety hazards should be reported to a coach or committee member.
- To ensure the safety of all users please clean up any spilt water or sand.
- When operating any of the following please ensure there is at least one other person present: squat rack, bench press, leg press and rope.
- Safety matts must be used at all times when the rope is in use.
- Squat rack and rope cannot be used simultaneously.
- Non-members or those with the non-appropriate membership should respectfully be asked to vacate the gym.