

## CLUB ANNOUNCEMENT 4 – 17/18 - CLUB GYMNASIUM

Good afternoon members,

As a result of the new By-Laws and Gym Policy and Procedures the following changes will occur:

- all potential gym users will need to complete the attached forms and return them to the Administrator:
  - TEMP015 Gym Membership Application
  - TEMP016 Gym Induction Form
  - TEMP017 Gym Waiver Form
  - TEMP018 Gym Pre-Activity Questionnaire (you may need to consult your doctor)
- a gym fee of **\$70 for \*senior members and \$30 for \*junior members** will need to be paid on return of the forms;
- a new gym key will then be issued to the user on payment of \$20 key deposit.

Every member using the gym is required to have a gym exercise program provided by an accredited coach to follow in the gym or any injuries sustained during a workout will **NOT** be covered by insurance. This is a requirement of our insurers and SLSQ and is for your safety and comfort.

The Board would like to acknowledge the work the Gym Subcommittee has completed allowing our members to have improved facilities for their training.

Thank you in advance for your consideration and patience during these gym changes.

Tom Holmes President

**\*\*NOTE: Senior members = Active 18 & over, Reserve Active, Long Service, Award & Life Members**

**Junior members = Active 15 – 18 – must hold Bronze medallion**