



**DICKY BEACH GYM INDUCTION FORM  
TEMPLATE No. 016**

<b>Name of Gym User:</b>	
<b>Induction Date:</b>	
<b>Gym:</b> Dicky Beach Surf Life Saving Club Gym	
<b>Induction Checklist</b>	<b>Initials</b>
Completed a Pre Activity Questionnaire	
Was given a copy of the gymnasium code of conduct which I read and agree to abide by	
I have signed and completed the Gymnasium Membership Application Form and the Terms and Conditions for the use of the Club Gymnasium	
Was given induction on the following: <ul style="list-style-type: none"> <li>· Sign in/Sign out Sheet</li> <li>· Warm Up</li> <li>· Cardio Usage</li> <li>· Equipment Usage</li> <li>· Cool Down</li> <li>· Cleaning Equipment</li> <li>· Hygiene</li> <li>· Appropriate Clothing</li> <li>· Injuries (Procedures if injured)</li> <li>· Air Conditioner</li> <li>· Emergency Procedures</li> <li>· Paper Work</li> </ul>	
<b>Signature of Gym User:</b>	
<b>Date</b>	
<b>The induction was conducted by:</b>	
<b>Name</b>	
<b>Position</b>	
<b>Signature &amp; Date</b>	