



Rules of the Club

1. MEMBERSHIP

- 1.1** Membership of the club is effected by the payment of the annual subscription fee to the Treasurer by the due date, and by the receipt of a numbered membership card which will identify and confirm the currency of membership. Current financial membership of the club implies an acceptance of the Rules of the Club as varied from time to time.
- 1.2** On initial registration, new members are required to undergo a supervised orientation / induction session conducted by a personal trainer accredited by the Club Management Committee. This orientation must occur prior to the member using the facilities. A one-off fee is payable to him or her for this service. **(See also APPENDIX A.)** Members shall receive a form indicating that this has been completed, and the form will be retained in club records to confirm that they have been instructed in the use of the clubhouse equipment and understand the purpose and limits of each workstation that they use.
- 1.3** Persons whose membership has lapsed, or non-members, have no authority or permission to use the training facilities in the Clubhouse. The clubhouse facilities are not public facilities.
- 1.4** Current members have access to the clubhouse for the purpose of training or the undertaking of fitness programmes. A fee of \$5 per sessional visit is paid by all users to assist the club in meeting its financial obligations and for the maintenance and upkeep of the equipment. Three-month, six-month and twelve-month prepayment options are available to members at discounted rates. **(See also APPENDIX A.)**
- 1.5** The \$5 sessional fee applies to all members who use the Club facilities (unless a pre-paid option is undertaken). Members who choose to use the services of a personal trainer must also pay the fee.
- 1.6** Membership is NOT open to juniors (those under 18 years of age).
- 1.7** A person who acts as a personal fitness trainer, supervising the fitness programme of members, must have current accreditation and competency documentation. Documentary evidence of such current accreditation and competency must be submitted to the management committee for acceptance and filing with club records before a person is accredited with the club as a personal trainer to take a supervisory role for members. **(See APPENDIX B.)**

2. VISITING THE CLUBHOUSE

- 2.1** Access to the clubhouse shall be by using the key located at the front door. Members are given an access code at the time of joining and instructions during their orientation on how to access the key. The key must be returned immediately after opening the clubhouse door.
- 2.2** At times access to the clubhouse shall be by signing and obtaining a key from the Shell Service Station, Main Road, North Tamborine or the swimming pool next to the clubhouse. Members should sign the 'key out' form at the Service Station, and write their membership number, time key taken out and time key is returned. If the key is accessed from the swimming pool the key must be returned immediately after opening the front door. Members who obtain a clubhouse key from the Shell Service Station are responsible for its return. Non-members or members whose membership has expired have no authority to access the clubhouse in this or any other way.
- 2.3** At the clubhouse members are to sign the attendance form with their name, membership number, payment details, signature and time of arrival. Payment details must be either \$5 or PP (pre-paid). These details are for auditing purposes.
- 2.4** The payment box is situated between the desk and the training area. Payment and signing the attendance form is required before commencement of their session.
- 2.5** The last member(s) to leave the clubhouse is responsible for its secure lock-up.

3. USING THE CLUBHOUSE FACILITIES

- 3.1** Suitable clothing and footwear are to be worn by all members whilst training. Members must also use a towel and ensure that all sweat is wiped from equipment after use.
- 3.2** In the interest of health and safety, members are requested to ensure that the facilities are properly ventilated during use (i.e. by opening sufficient doors and windows to maintain good cross-ventilation).
- 3.3** Members are to ensure that the premises are completely locked up on departure including all windows and doors.
- 3.4** Training equipment is to be used only within the capacity of the equipment. Load limits and/or equipment advisory notices must be complied with.
- 3.5** All equipment is to be returned to its place after use. Members are encouraged to see that equipment return as an integral part of the training session (warming down). It is also an act of courtesy to those who follow.
- 3.6** All equipment in the clubhouse not on loan remains the property of the Tamborine Mountain Triathlon Club Inc. Under no circumstances is equipment to be removed from the clubhouse.
- 3.7** Members of the Tamborine Mountain Triathlon Club Inc. have a duty of care to each other to ensure that the facilities are used safely, and that equipment is in good working order. Members should report any repair and maintenance issues, as well as any defects or wear in the equipment, promptly to the committee through the message book at the clubhouse desk, so that the problems can be promptly addressed.

APPENDIX A.

Membership Fee Structure and Access

Membership

Cost of membership for new and continuing members is \$20 annually. In addition, a one-off fee is payable to a club approved personal trainer, at their discretion, for the necessary supervised orientation and induction on the proper and appropriate use of the equipment in the gym.

Membership is renewable on 1 July each calendar year. Membership implies acceptance of the Rules of the Club.

a. Club Access

Access to the club to undertake training sessions is by way of a \$5 fee per visit. This fee is required whether the member is attending the gym singly, or under the direction of a personal trainer.

b. Pre-paid options

3-months - \$110

6-months - \$200

12-months - \$375

If a pre-paid option takes the member into July, an additional \$20 must be paid to cover a new annual membership fee.

APPENDIX B.

Accreditation requirements for Personal Trainers

Prior to using the club's facilities for the purpose of supervising training sessions for members Personal Trainers must provide the following accreditation documentation for the Management Committee's information and for filing with the Club Secretary:

1. All relevant current competencies and qualifications endorsed by a Personal Training / Fitness organisation accepted by the committee.
2. Current professional indemnity insurance documentation in the name of the personal trainer.
3. A current First Aid Certificate including CPR competency.
4. A current Department of Child Safety "Blue Card."