



East Fremantle Yacht Club

Gymnasium & Sauna Information



We have a boutique gymnasium and sauna located on the lower level of the Clubhouse.

***SENIOR MEMBERS AND SENIOR FAMILY MEMBERS HAVE
FREE USE OF THE GYM***

THE FACILITY IS AVAILABLE 7 DAYS A WEEK

The area is fitted with an electronic access card system. Entry into the gym is gained by using your membership card.

Members are required to sign in and out of the gym, which will enable us to maintain accurate records of attendance patterns.

Males and females use the area at the same time and acceptable clothing is to be worn in the gym and sauna (e.g. swimwear). Also, to be considerate of other members by bringing a towel & deodorant.

NO ALCOHOL IS TO BE BROUGHT INTO THE AREA.

A qualified instructor is used only for appraisal purposes. Members using the gym are required to generally police the area and to advise the office staff of any maintenance requirements or of non-gym members using the facility.

HOW TO JOIN THE GYM

1. Call at the office and complete a Gym Application Form.
2. If you are over 65 years of age you can ask for an appraisal by contacting the office, we can put you onto a qualified gym instructor.

**Please contact the administration office on 9339 8111
if you require further information.**



East Fremantle Yacht Club
GYM APPLICATION FORM
Updated March 2019



Members Full Name: _____

Address: _____

Membership No: _____

I APPLY TO USE THE CLUB'S GYMNASIUM & SAUNA FACILITY & HAVE READ AND AGREE TO THE FOLLOWING CONDITIONS: -

1. Entry to the gym/sauna is via your membership card.
2. Use of the facilities is restricted to gym members only. Any member allowing a non-gym member access to this facility will be suspended from the gym. Disciplinary action may be considered by the Executive Committee.
3. Like any activity, using the gymnasium can be dangerous and that by participation in it I am exposed to certain risks, therefore:- I ACKNOWLEDGE AND UNDERSTAND that whilst undertaking activity at the gymnasium:-
 - I will give special attention to all instructions oral or written and will query any matters that I do not understand.
 - There may be no or inadequate facilities for treatment or transport of me if I am injured.
 - I am not under the influence of drugs / medication / mind altering substances, nor do I have any allergies or pre-existing medical condition that
 - effect my understanding of safety instructions or ability to competently participate, and/or
 - maybe exacerbated by the activity, and/or
 - otherwise effect my ability to participate any aspect of this activity, and/or
 - prejudice the performance/safety to myself or others.
 - Other persons participating in the activity may cause me injury or damage to my property for which they may be liable.
 - I may cause injury to other persons or damage their property, for which I may be liable.
 - I may cause loss of damage to property used / hired for which I may be liable.
 - I may be injured and/or suffer damage to my property as a result of my negligence or breach of contract.
 - I assume the risk of and responsibility for any injury, death or property damage resulting from my participation.
4. Children under the age of 14 are not permitted to become gym members. Gym members aged between 14-16 are to be supervised by an adult gym member.

Members Signature: _____ **Date:** _____

PLEASE REPORT ANY FAULTY EQUIPMENT TO ADMINISTRATION

.....
OFFICE USE

a) APPLICATION RECEIVED ON _____/_____/_____

b) ACTIVITY & ACCESS FIELD TO "Y" BY _____ on _____