

3. GENERAL INFORMATION

Purpose of Joining Kildorrery GAA GYM:

- Weight Loss Re-shaping Increase Stamina Improve fitness Improve Health Increase energy
 Improve Self Esteem Toning Stress Management Build strength Gain weight Group Exercises
 Cardio exercises only Social All the above

Have you used a gym before? Y / N If 'Yes', which Gym? _____

4. ACKNOWLEDGEMENT RELEASE AND ASSUMPTION OF RISK

This is an important document which affects your legal rights and obligations.

Participant Name: _____ D.O.B: ____ / ____ / ____

Acknowledgment of Risks, Injury & Obligations:

I acknowledge that the activities that I am to undertake have potential dangers and by participating in them I am exposed to certain risks. I acknowledge and understand that whilst participating in any such activities;

- o I may be injured, physically;
- o My personal property may be lost or damaged;
- o Any physical conditions I may have, of which I may or may not be aware or disclosed to the gym may be aggravated or worsened by my participation;
- o Other persons participating in such activity may cause me injury or may damage my property
- o I may cause injury to other persons or damage their property
- o The conditions in which the activity is conducted may vary without warning
- o I may be injured or suffer damage to my property as a result of my negligence
- o There may be no or inadequate facilities for treatment or transport of me if I am injured
- o I assume the risk of and responsibility for any injury or property damage resulting from my participation in the activity
- o I acknowledge that Kildorrery GAA Gym cannot be held liable for defective products as it does not manufacture training equipment or other equipment and only purchase and/or lease equipment for the purpose of use.

I assume the risk of, and the responsibility for any injury, illness or property damage resulting from my participation in any activities.

Release and Indemnity to Kildorrery GAA Club:

In consideration of the acceptance of my payment for participating in any activity (and except to the extent that the centre may be precluded by statute) I agree to release and indemnify Kildorrery GAA and its members as follows:

- o I participate in the activities at my sole risk and responsibility.
- o I release, indemnify and hold Kildorrery GAA Club, its servants and agents, from and against all and any actions or claims which may be made by me or on my behalf or by other parties for or in respect of arising out of any injury, loss or damage caused to me or my property whether by negligence, breach of contract or in any way whatsoever.

I also agree that in the event that I am injured or my property is lost or damaged, I will bring no claim, legal or otherwise, against Kildorrery GAA Club or its servants and agents, in respect of that injury, loss or damage.

Before signing this document I have read and understand it and know how it affects my legal rights.

Name: Signature: Date: ____ / ____ / ____

Signature of Witness :

5. MEMBERSHIP GYM RULES

- All gym users must be a fully paid member of Kildorrery GAA prior to using the gym.
- All members **must** sign in and out each time they use the GYM.
- Patrons with any known medical condition or injury should consult with their doctor before participating in any form of exercise.
- No person under the age of 18 can use this gym
- All gym users must carry out an induction session with the GYM Instructor before they use the gym facility for the first time.
- Only equipment approved by Kildorrery GAA can be used in the gym.
- Be courteous to other members at all times while working out.
- Bags are not permitted in training areas.
- Allow adequate space for other gym users when using free weights.
- Always check the weights before using them.
- The use of lifting chalk is not permitted – liquid chalk only.
- Never drop or throw weights – if you can't put it down nicely, don't pick it up.
- Always allow other members to “work in” between your sets on a machine or bench.
- Return weights, plates, bars and dumbbells to the correct place after use – don't be the person everyone else hates in the gym by leaving plates on bars & machines or the floor.
- Dismantle heavy weight loads and return any free weights used to their racks.
- Do not abuse equipment, your safety and that of others may be at risk.
- Do not leave free weights on benches, for safety as they may roll off and cause injury.
- Do not hold on to equipment for long periods of time, and where possible allow others to work in during rest periods.
- Please use the cleaning station provided and wipe down machines, equipment & benches after use.

- Mobile phones are allowed for viewing/playing workout videos and listening to music only. Taking photos in the Gym area with mobile phones or cameras is forbidden.
- Don't be a hero. Leave your ego at the door. Only lift what you can.
- Please refrain from leaning on mirrors.
- Hydrate before, during and after exercise
- Proper foot wear and gym attire must be worn at all times. Dress appropriately. Know the gyms dress code and make sure clothing and footwear is clean and correct for exercise
- Please remove all loose jewelery before entering the gym area.
- If feeling unwell or faint, stop exercising immediately
- The executive of Kildorrery GAA reserve the right to terminate or suspend a GAA members gym membership at any time if the GYM is used inappropriately.
- Kildorrery GAA do not accept responsibility for any illness or injury resulting from use of the facilities at Kildorrery GAA gym.
- While Covid 19 restrictions are in place please adhere to all the sanitization and social distancing policies that are in place.
- Please wipe down all equipment before and after use with the appropriate sanitization spray supplied.
- If you have any Covid 19 symptoms or have been a close contact of someone who have tested positive, please do not use the GYM until you have received a negative PCR Test result.