

MAN O'WAR GFC Gym

General terms and conditions

Membership to the gym will be based on the calendar year in line with the club's overall membership policy. Gym membership will terminate on the 31st December each year until payment has been received for the following 12 months/calendar year.

Man O'War GFC players may use the gym facility as a supervised team training session provided they have:

- paid their membership fee,
- received gym induction training by a suitably qualified person*

Player injury fund only covers players when using the gym as part of scheduled training.

General gym membership is for persons over the age of 18 years only.

No member under 16 years of age may use the gym equipment/become a member of the gym.

Playing members between the ages of 16 and 18 may only use the gym as part of a supervised training session and with the explicit consent of their parents/guardians.

Lone use of the gym is not permitted.

Members must take all necessary medical and professional advice to ensure their safety, to verify their fitness and to confirm their suitability for use of the Gym prior to membership and throughout the course of their membership.

Member's access is monitored by CCTV to ensure the safety and security of gym users and gym equipment.

Access to the gym is by fob which will be issued to members once the member requirement outlined above have been met. This fob may not be passed on to anyone else – misuse of your access card will result in permanent revocation of any access rights to the gym.

Lost fobs must be reported to a member of the executive committee without delay. A replacement fee of €10.00 will be incurred for any replacement fob required.

It is strictly forbidden to remove any equipment from the gym area.

Personal gym equipment may not be stored in the club gym. Any supplementary equipment brought into the gym by a member must be removed when leaving the gym.

All equipment to be used in accordance with manufacturer's instructions.

Under no circumstances should gym users modify or otherwise tamper with gym equipment.

Do not use equipment that you believe to be faulty or in need of attention. Advise a member of the executive committee without delay if equipment is faulty.

All incidents are required to be logged in the incident logbook and reported to a member of the Senior Executive immediately.

All other club rules relating to conduct extend to the use of the gym area.

Mobile phones may only be used for the purpose of accessing gym programmes or music.

Acknowledgment, Waiver and Release from Liability:

Parent/Guardian consent

For the purposes of this consent any person under the age of eighteen is referred to as a minor.

I confirm that I have the legal capacity and authority to act as the parent or legal guardian on behalf of the minor named herein.

I confirm that I give permission for my child to take part in an official supervised training session (Only persons 16 and over are permitted to use the Gym Facility Equipment) and I have read the T&C's and waiver documents and understand its contents.

I hereby acknowledge that I have executed the foregoing Acknowledgement, Waiver and Release from Liability for and on behalf of the minor named herein.

PARENT/ GUARDIAN PRINT NAME:

U18 PRINT NAME:

PARENT/ GUARDIAN SIGNED:

_____ **DATE:** _____