



Frankston Athletic Club

Gym Usage Policy

The Frankston Athletic club provides gym facilities at the Ballam Park Athletic track Pavilion. The aim of this policy is to ensure that a set of rules and guidelines are outlined for those who use this gym.

Guidelines for Gym Policy

A gym user is defined as a Frankston Athletic Club member who uses any piece of equipment within the gym room. Gym users are to follow the guidelines:

- **All Athletes using the Gym facilities must be supervised by a Registered Coach (or if by a parent they must be following a training program designed by either their or another appropriately accredited coach.)**
- Towels must be used on benches at all times
- All bars must be unloaded after use and weights returned to the correct racks
- The gym must be kept tidy at all times
- The gym must always be locked when not in use, with any audio equipment, lights and electronic equipment switched off.
- Any spills must be immediately cleaned up
- Benches are to be wiped down after use
- All weight equipment must be operated in a safe manner
- **All gym users must be registered with Frankston Athletic Club as an athlete or an associate member for insurance purposes**
- Any equipment faults are to be reported to a Frankston Athletic Club Committee Member
- The Frankston Athletic Club Committee reserves the right to revoke access to the Gym at any time
- Gym equipment must NOT be moved to the main hall
- Priority use of Gym equipment must be given to Frankston Athletic Club athletes
- All athletes under the age of 18 years MUST provide a Frankston Athletic Club indemnity signed by their parents / guardians



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