



## Straffan GAA GYM EQUIPMENT Policy & Rules

### Gym Equipment Policy

The Straffan GAA club have facilitated the use of Gym Equipment for the enjoyment and physical development of the club members. Only paid-up members of Straffan GFC, Straffan Camogie or Straffard LGFA may use the Equipment. The Following Rules have been established to ensure the safety and enjoyment of all participants, and to preserve our facilities for their intended use and users. Cooperation of all members is appreciated.

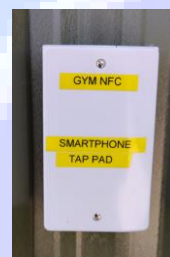
**ANYONE NOT OBEYING THE RULES WILL NO LONGER BE ALLOWED TO USE THE EQUIPMENT AND MAY FACE TEMPORARY OR PERMENANT SUSPENSION OF CLUB MEMBERSHIP**

PLEASE OBSERVE THE FOLLOWING RULES BEFORE USING THE GYM EQUIPMENT:

1. The gym equipment is for members use only.
2. **All new adult gym members** must complete the attached assessment before using gym equipment and submit a signed declaration to the assessor or directly to [StraffanGFCGym@gmail.com](mailto:StraffanGFCGym@gmail.com)
3. **Under 17 club members are not allowed use the Gym equipment at any time unless under the supervision of an official club mentor or suitably qualified professional**
  - a. Club mentors who intend to supervise their teams use of the Gym must themselves have completed induction training before using gym equipment and submit a signed declaration the assessor or directly to [StraffanGFCGym@gmail.com](mailto:StraffanGFCGym@gmail.com)
4. **To use the gym equipment, you must be a paid up Straffan GAA Club member (current year).**
5. All users must sign into the Gym using the NFC Phone App eWeLink panel at the entrance door.



a. eWeLink Mobile App



b. eWeLink panel at door

6. Each individual using the gym is required to tap the NFC Phone App eWeLink panel at the entrance door, so all users are logged for insurance purposes.
7. **Operational hours for the gym are strictly from 7am to 10pm only.**
8. Participation and use of the gym equipment is at your own risk.
9. Users are responsible for reading and adhering to gym policy and notices.
10. CCTV is in operation inside the Gym for your own and others safety. GDPR guidelines are adhered to at all times by the Club and those monitoring this CCTV footage.



PLEASE OBSERVE THESE RULES WHEN USING THE GYM EQUIPMENT:

- All users must be considerate of others using the gym equipment.
- Foul language, spitting and other disruptive behaviour must be avoided out of courtesy to other users (Including excessive use of mobile phone).
- Proper attire and clean non marking runners must be worn (no football boots).
- No food allowed in the gym drinks containers must be plastic & capped (no gum).
- Bring a towel with you to the gym and wipe down equipment after use.
- Equipment should be used for the intended purpose in the appropriate manner.
- You must limit your workout if the gym equipment is booked for a team/pre-booked.
- Video recording is not allowed without permission from the club chairperson.
- Members are required to use the equipment in a safe manner of as guided by their induction assessor.
- Return free weights properly on rack after each use.
- Gym to be left clean and tidy and mats put back and no rubbish left.
- Switch off lights when finished.
- Please report any equipment malfunction /damage or issues to:
  - The club Chairperson
  - [StraffanGFCGym@gmail.com](mailto:StraffanGFCGym@gmail.com)

**Straffan GFC Induction Declaration**

I confirmed that I will always comply with **Straffan GAA Gym Policy and Rules** on the use of the gym equipment. I accept use of the gym is at my own personal risk. I confirm that I am a paid-up member of Straffan GFC for the current year.

**New Adult Members:** I wish to available of the optional gym safety induction training provided by Straffan GAA

YES  NO  N/A

**Members Aged 17-18 yrs.:** I have completed the requiried gym safety induction training provided by Straffan GAA

YES  N/A

Name: \_\_\_\_\_ Date: \_\_\_\_\_

*Please sign and give a copy to the assessor or send an electronic signed copy to [StraffanGFCGym@gmail.com](mailto:StraffanGFCGym@gmail.com)*