

FITNESS CENTRE (GYM EQUIPMENT ROOM) RULES

The following conditions are applicable to use of the Fitness Centre:

- All Fitness Centre members must be financial members of North Cronulla SLSC, be over the age of 17 years, and have paid additional fitness centre fees.
- Fitness Centre membership is NOT refundable. No partial refunds will be given.
- Fitness Centre membership is NOT transferrable. All club members who use the fitness centre must pay their own individual gym membership.
 - Fitness Centre members are NOT permitted to invite any non-club or non-fitness centre members into the Centre's room to use the facilities. Non club and non-fitness members are not covered by the surf club's fitness centre insurance. This will be monitored and policed. Offenders may have their key access cancelled.
- Club members under 17 years are not permitted in the Fitness Centre unless under the supervision of a senior Fitness Centre member or a qualified instructor. The instructor or supervisor must remain with u/17 members while they are in the Fitness Centre.
- Fitness Centre members are required to use all fitness equipment in a responsible manner so as not to injure themselves and other Fitness Centre users.
- Any member who notices equipment broken or damaged should notify the office immediately.
 - Members must wear the correct gym apparel which includes. T-shirt or singlet, covered footwear and shorts. Thongs, bare feet, swimming costumes, are not permitted in the Centre.
- Members are required to place towel or suitable cover on benches when using such equipment.
- All equipment is to be wiped down after use.
- All weights must be returned to racks after use.
- No Food or drinks allowed in Fitness Centre room (plastic or non-glass water bottles permitted)
- No children or pets allowed in Fitness Centre.