

This checklist has been compiled so that you are fully aware and understand the 24/7 GYM Policies and how to use the equipment. These policies are to be enforced by our staff and have been implemented for safety, preventative maintenance, hygiene purposes and courtesy for all gym users.

Please tick boxes once the point has been explained or demonstrated to you

Part A – Facility Orientation

- Shown the location and operation of the 24/7 door access scanner
- Understand the 24/7 door exit operation (main entry / exit door)
- Explanation of the accessible areas of the facility during non-staffed hours (Gym, Stretching Area and Toilets)
- Explanation of non-accessible areas of the facility
- Acknowledgment of CCTV recording and areas under surveillance (Car Park, Main Entry, Hallways, Gym, Group Fitness and Emergency Evacuation routes)
- Process for lost card replacement – report to Customer Service during staffed hours for allocation of a new card - \$30 replacement fee applies

Part B – Facility Etiquette and Behaviour Guidelines

- Read and understand the conditions detailed in the Gym Etiquette
- Appropriate workout attire (clothes, enclosed shoes)
- Always carry a sweat towel
- Always carry a drink bottle

Part C – Equipment Orientation

- Shown and understand the use of the Cardio Equipment
- Shown and understand the safe operation of the cable pin loaded weight equipment
- Correct use and safety considerations of the Smith Machine and Power Racks
- Shown location of equipment spray and wipe stations. Please ensure you clean equipment after use
- Do not drop weights and tidy away all equipment you use

Part D – Emergency Response

- Emergency exit locations and emergency management procedures
- Fixed duress alarm locations and operation procedures
- Duress alarm pendants – location and operation
- Penalties for false alarm in accordance with the 24/7 T&C's
- Location of the defibrillator
- Location of the First Aid Equipment
- 24 hour injury reporting
- Fire Fighting equipment (hose reels and extinguishers)
- Security call out procedures – after hours

Please note – failure to comply with the terms and conditions of the 24/7 agreement and the conditions as shown above will result in fines and or immediate cancellation of your membership.

Thank you for your co-operation, this will ensure safe and comfortable workout for all.

Member Name: _____ Membership Number : _____

Member Sign: _____ Date: _____