



The Birregurra Community Health Centre Gym was officially opened on 31 August 2006 and is dedicated to the memory of Mr. Jack Whittaker, in honour of his legacy to the Birregurra Community Health Centre and Birregurra Community.

Birregurra Community Health Centre (BCHC) Membership:

Complete the following membership package & scan fingerprint for after hours access (only available to members over 14 years old)

First time members are required to complete a BCHC gym orientation & health clearance with the BCHC Coordinator before membership can be processed and confirmed.

Contact Kylie at kylie.edwards@cah.vic.gov.au or (03) 5236 4009 to arrange an appointment.

Undergoing a health and fitness assessment is not required upon renewing an existing membership unless 2 years has lapsed. It is advised that each individual member consult a qualified fitness instructor/professional periodically in order to revise fitness plans and ensure that equipment is being used appropriately and in a safe manner.

Gym Fees:

Annual - \$300 (\$240 concession)

Monthly - \$25 (\$20 concession)

NAME _____ **DATE OF BIRTH** _____

ADDRESS _____

TELEPHONE _____ **EMAIL** _____

EMERGENCY CONTACT

NAME _____ **TELEPHONE** _____

DECLARATION:

I, _____ hereby declare that: I have read and understood, and agree to abide by, the Birregurra Community Health Centre Gym **Conditions of Use**.

I will indemnify and release Birregurra Community Health centre from any claim in respect of personal injury which may be caused by directly or related indirectly to an activity performed at the Centre, or by any negligence in the performance of any exercise taken.

SIGNED: _____ **DATE:** _____

GUARDIAN CONSENT:

For memberships under 18 years of age, guardian consent is required I, as parent, guardian, or responsible party of the above named minor child under the age of 18 years, hereby acknowledge reading, understanding and agreeing to the terms and conditions of this agreement.

SIGNED _____ **DATE** _____



DATE: ____ / ____ / ____

ASSESSOR: _____

NAME: _____

PAR-Q (Physical Activity Readiness Questionnaire)

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

- Y N 1. Has your doctor ever said that you have a heart condition and/or that you should only do physical activity recommended by a doctor?
- Y N 2. Do you feel pain in your chest during physical activity?
- Y N 3. In the past month, have you experienced chest pain while not exercising?
- Y N 4. Do you lose your balance because of dizziness or do you ever lose consciousness?
- Y N 5. Do you have a bone or joint problem that could be made worse by physical activity?
- Y N 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
- Y N 7. Do you know of any other reason why you should not do physical activity?

If you answered YES to one or more questions: Talk to your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions: If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- Start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.

Delay becoming much more active: · If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better; or

- If you are or may be pregnant – talk to your doctor before you start becoming more active.

Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed use of the PAR-Q: Reprinted from ACSM's Health/Fitness Facility Standards and Guidelines, 1997 by American College of Sports Medicine

Assessment Range Date Date

Blood pressure Systolic 110-159 Diastolic 45-90

Resting heart rate 60-100 bpm



DOCUMENTATION WAIVER OF LIABILITY

I hereby declare that I have been informed about the instruction and type of exercise program that is to be provided and that I agree to follow the instruction and guidance provided by the Colac Area Health appointed fitness trainer. I confirm that my present health status will allow me to safely undertake a fitness program, and that I have advised the Colac Area Health assessing personal of all medical and health related conditions that could adversely affect my ability to exercise safely.

I have not been advised by the fitness instructor to obtain medical clearance prior to exercise; or if I have been advised to obtain a medical clearance I have done so. (You may be advised to see medical or nursing clearance prior to commencing an exercise program if you are over 50, or have excessively high blood pressure, or suffer from other health conditions especially heart related conditions.)

I am aware that the health assessment results will only give an indication of my present general health status and that I need to consult with a doctor or nurse for a more detailed assessment.

To the best of my knowledge the information I have provided is true and correct and I will inform the Birregurra Community Health Centre/Colac Area Health of any changes that may be relevant. I am aware that if I have not disclosed relevant health information, the exercise program provided for me may be unsuitable and may cause me to suffer harm, including permanent injury and in extreme circumstances, death.

I acknowledge that any program undertaken during my participation in any activity program is done so at my own risk, and I have disclosed all information that is relevant so that I may safely undertake an exercise program.

I have also read the policy Conditions of Use which outlines the use of the activity centre at Birregurra and agree to abide by the policy and procedure.

As consideration for my use of the activity centre facilities, equipment and instruction, I hereby agree to accept sole responsibility for my present condition and understand that any exercise program carries some inherent risk (including personal injury and even death) which I agree to accept. I agree that I will hold harmless Birregurra Community Health Centre/Colac Area Health (and any of their personnel involved in my exercise program) from any liability under tort, contract, statute or in any other way for any injury, damage or loss of any kind whatsoever (including, without limitation, any liability for direct, indirect, special or consequential loss or damage), sustained by myself or any other person. However, this agreement does not exclude liability to the extent which it cannot be excluded under the Australian Consumer Law.

Name (please print):..... (Client)

Signed as an agreement: (Client)

Name (Please print):(Fitness trainer/witness)

Signature:(Fitness trainer)

GYM MEMBERSHIP CONDITIONS OF USE



To use the Birregurra Community Health Centre Gym you must be a member OR a participant in an activity facilitated by a qualified fitness professional.

All persons entering into an agreement with the Birregurra Community Health Centre as a member of the gym must agree and comply with the following conditions of use. Any breach and/or suspected breach of these conditions may lead to a suspension and/or termination of membership.

CONDUCT AND RESPONSIBILITY

- Members must act responsibly and take all reasonable measures to ensure their own safety and the safety of other members
- Sign in and out in the attendance book provided
- Use the equipment appropriately as per the displayed Operating Procedures for each item and report any breakage or damage
- Scheduled programs have priority over individual users

FITNESS AND HEALTH ASSESSMENTS

- Members must complete the required health and fitness assessment with the CAH approved qualified fitness professional and provide the assessment at the time of membership registration
- Undergoing a health and fitness assessment is not required upon renewing an existing membership unless it has lapsed more than 2 years. It is advised that each individual member consult a qualified fitness instructor/professional periodically in order to revise fitness plans and ensure that equipment is being used appropriately and in a safe manner

HEALTH AND SAFETY

- Members must know and abide by the BCHC emergency procedures
- The use of alcohol or drugs is strictly prohibited whilst attending the gym
- Access to the gym is denied to any person/s under the influence of alcohol or drugs
- Members must wear enclosed sports shoes and suitable clothing at all times

EQUIPMENT

- All members are responsible for reporting any faults or damage of equipment to the Centre Coordinator
- All equipment must be returned to its proper place and weights re-racked
- Members must use equipment in the manner in which it is intended
- Equipment must be wiped down after use, i.e. handles, seats with the wipes provided – if there are no wipes please inform the Centre Coordinator

AFTER HOURS

- The gym can be accessed after hours, access given at time of registration



- After-hours access to the gymnasium via the entry point on Molesworth Street
- After-hours use of the gym alone is strictly prohibited; each individual member must be accompanied by a minimum of one other member for all and any use of the gym after-hours; both/all members attending must scan their fingerprint upon entry after-hours
- The Centre toilets and other facilities will not be available for after-hours use. Public toilets are available outside the Centre (in between BCHC and the Community Hall)
- After-hours access will be suspended and/or terminated once membership has lapsed and has not been renewed within two weeks of membership conclusion

YOUTH & CHILDREN IN GYM

- Youth under 14yrs may access the gym WITH a parent or guardian present at all times
- Ages 15+ can access the gym unsupervised however it is strongly advised that this occurs during business hours
- Parents with young children may bring them to the gym provided they are responsible for their child at all times, can see them at all times, and ensure the child doesn't use/interfere with equipment or other gym users. A playpen is provided for the safety of your children.

ADDITIONAL CONDITIONS

- Each individual is responsible for renewing their membership before the conclusion of current membership
- Use of the gym on a lapsed membership is strictly prohibited and may lead to a suspension or termination of access to the gym for future use
- Members are responsible to bring their own water and towel.
- BCHC will take all precautions to ensure the maintenance of the gym facility; however, as previously stipulated in conduct and responsibility, each member is responsible to act responsibly and take all reasonable measures to ensure their own safety and the safety of other members
- The BCHC gym has limited availability at times due to BCHC facilitated programs, these times will be posted at the gym.

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