

NAGAMBIE ROWING CLUB INC. founded 1892

301-305 High Street, Nagambie, 3608
Ph: 03 5794 2747 Fax: 03 5794 2165

2014-15 \$75.00 GYMNASIUM FEE + GAMING

Minimum Age 18

GYM FEE ENTITLES USER TO A COMPLIMENTARY \$5 GAMING MEMBERSHIP

NAME Mr/Mrs/ _____ GIVEN NAMES _____ SURNAME _____

CONTACT Nos: Home _____ Mobile _____ Email _____

RESIDENTIAL ADDRESS _____

Suburb/Town _____ State _____ Postcode _____

DATE OF BIRTH _____ OCCUPATION _____

TICK THIS BOX IF YOU DO NOT WISH TO RECEIVE CLUB NEWS, ENTERTAINMENT, FREE MEALS & DRINKS AND GAMING INFORMATION

I _____, (The Undersigned), agree to adhere to the rules as stated above. Also, I acknowledge the existence of risks in connection with use of the equipment provided, assume such risks

- RULES OF THE NAGAMBIE ROWING CLUB GYMNASIUM:**
- THE GYMNASIUM IS STRICTLY FOR USE OF FEE PAYING INDIVIDUALS AND IS NON-TRANSFERABLE.
 - ACCESS CARDS ARE NOT TO BE LOANED TO OTHERS WITHOUT DIRECT AUTHORITY OF NAGAMBIE ROWING CLUB MANAGEMENT.
 - LOSS OF CARDS WILL INCUR A REPLACEMENT FEE OF \$20.00
 - ANYONE CAUGHT ALLOWING ENTRY TO NON FEE PAYING INDIVIDUALS COULD BE FACED WITH HAVING FURTHER ACCESS DENIED AND MEMBERSHIP AT NAGAMBIE LAKES ENTERTAINMENT CENTRE CANCELLED.
 - ANYONE CAUGHT MISUSING EQUIPMENT COULD FACE HAVING FURTHER ACCESS DENIED &/OR PROSECUTION.
 - ALL EQUIPMENT MUST BE RETURNED AFTER USE TO ITS ORIGINAL POSITION (ie WEIGHTS ETC. MUST NOT BE LEFT SPREAD AROUND GYM).
 - RESPECT FOR OTHER USERS MUST BE SHOWN AT ALL TIMES.
 - INAPPROPRIATE BEHAVIOUR COULD INCUR DENIAL OF FURTHER ACCESS.
 - MINORS MUST HAVE SUPERVISION AT ALL TIMES WHILE USING GYMNASIUM EQUIPMENT BY A FULL ADULT CLUB MEMBER.

and agree to accept the responsibilities for any injuries sustained by me in the use of the facilities and/or its equipment. Most specifically, I acknowledge and accept responsibility for injuries arising out of those activities that involve risk in any of the following areas:

- The use of facility equipment
- Incidents that occur within the institution facility, locker rooms, showers and other areas associated with NAGAMBIE ROWING CLUB Inc

SIGNED BY APPLICANT _____ DATED _____

OFFICE USE ONLY:

IDENTIFICATION TYPE: _____ REF. NO. _____

GYMNASIUM FEE RECEIVED \$ _____ DATE ____/____/____

MEMBERSHIP CARD No. _____ ISSUED BY _____

Nagambie Rowing Club Rules for within the boatshed gymnasium.

- 1 Use of boats to Gym members is strictly not permitted. Caught using boats and you may be prosecuted.
- 2 Health issues that could pose a danger when using Gymnasium must be reported to the club Safety Officer. 5794 2747
- 3 Members agree to bin any rubbish they create and leave club areas and equipment they use tidy.
- 4 **Do not** turn off any motors or generators running in boatshed that are not related to exercise equipment.
- 7 **Don't drop weights.** Dropping weights on the floor can cause injury to yourself or others and can also damage the equipment itself. Always set it down as gently as you can.
- 8 **Return or remove weights when you are finished with them.** This is a simple matter of courtesy to whoever is using the equipment after you. Not everybody can or wants to unload ten 45-pound plates off the leg press machine. Place dumbbells back on the rack in the slots where they belong and always remove your weights from the machines unless the next person specifically asks you to leave them on.
- 9 **No Swearing.** This is a very common sense rule. Profanity can be offensive to others. If you have to scream in the middle of a tough set, make it unintelligible.
- 10 **No Smoking.** If your gym doesn't have ashtrays on the stair-machines, chances are it doesn't allow smoking in the gym area. If you need to smoke, go to a designated smoking area. OUTSIDE.
- 11 I agree to adhere to the Nagambie Rowing Club Code of Conduct.