



Collingwood Harriers Athletic Club Inc.

CHAC GYM ACCESS & ETIQUETTE

The following guidelines have been established to ensure the safety and enjoyment of all users, and to preserve our gym for its intended use. Cooperation of all users is appreciated. Users who notice violations of rules/regulations/policy are asked to bring it to the attention of a CHAC Committee Member or CHAC coach.

Participation is at one's own risk

GYM RULES FOR USERS

Access

Members of Collingwood Harriers Athletic Club have the right to access the Gym providing the following guidelines below are adhered to:

- Ensure that before using the Gym you are physically capable of using the Gym
- Ensure that you have received an Orientation from a CHAC coach, including instruction in weight room safety procedures and a walk through Gym tour.
- The Committee or Coach may suspend access to the Gym for a specified period or revoke access permanently for inappropriate behaviour. This may include, but not be limited to, disruptive behaviour; sexual harassment; persistent disregard for rules and regulations; or failure to pay membership fees.

Participation and behaviour:

- Participation is at one's own risk.
- Participation is restricted to adults 18 years of age and older.
- Children under 18 years of age are ONLY permitted to participate when accompanied by an approved coach.

- Please be respectful of others using the Gym.
- Inappropriate language and verbal abuse will not be tolerated.
- Please be considerate of other users. You may be required to limit the length of your workout or activity.

Attire:

- Appropriate attire is required i.e. shirts are to be worn. Participants are encouraged to attend to matters of personal hygiene.

Hygiene:

- In order to keep gym clean and safe for use, please wipe feet when entering the building.
- All equipment must be wiped down when finished.
- The only drinks permitted in the gym are water. Water must be in a lidded bottle. Remove all water bottles and belongings at the end.

Equipment:

- Equipment and facilities should be used for their intended purpose. Modification is prohibited. Please report equipment malfunction or damage to a coach or committee member.
- Do not drop or throw weights; re-rack all plates, dumbbells, and attachments after each use.
- Use a spotter when lifting with free weights.

FOR COACHES

- It is important the coaches consult with fellow coaches to avoid clashes in the use of facilities and equipment.
- The limited space in the gym means that the following hierarchy is used to determine access to the gym: The highest priority is a coach who: Coaches Club Members, for AV Shield, Championships and XCR in Club hours and comply with our accreditation criteria. The lowest priority is a coach who: Coaches non-club members or athletes who are NOT competing at AV Shield, Championships and XCR.