



Clontarf Lawn Tennis Club
Oulton Road, Clontarf, Dublin 3.
info@clontarfltc.com

CLTC Gym Usage Application Waiver of Liability

Name:

Address:

Date of Birth: (if 18 years or under)

Mobile No:

Email:

I hereby certify that I am and shall ensure that I will be medically fit, mentally fit and capable of performing, at all times, any physical activity I choose to participate in, whilst using the CLTC gym. I hereby certify that, at all times, I will ensure that I am appropriately trained and competent in the use of the equipment in the CLTC gym. I hereby certify that, at all times, I shall never practice maneuvers or exercises beyond my own safe capability whilst in the CLTC gym.

I accept that by using the gym in Clontarf Lawn Tennis Club that I do so at my own personal risk of injury to myself, and that the club, the Executive Committee, its members, its employees, or its agents, have no liability for injuries suffered by me whosoever arising from using the gym and the gym equipment.

I hereby certify with full and certain understanding that I will use the gym taking total sole personal responsibility and accountability for my own actions.

I hereby understand and acknowledge that any training or gym activity I undertake in the CLTC gym may expose me to many inherent risks, including accidents, injury, illness, or even death. I assume personal responsibility for all risk of injuries associated with participation including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and all other such risks being known and appreciated by me.

After having read this waiver and knowing these facts, and in consideration of acceptance of my using the CLTC gym, I agree, for myself and anyone entitled to act, or receive a benefit, on their own, or on my behalf, to hold harmless, waive and release Clontarf Lawn Tennis Club, its officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands, or claims of any kind arising out of my use of the CLTC Gym.

By my signature I indicate that I have read and understand this Waiver of Liability and the Gym Usage Policy | Operation | House Rules. I am aware that this is a waiver, and a release of liability, and I voluntarily agree to its terms.

(Adult | Over 18yrs) Participants Name: BLOCK CAPITALS

(Adult | Over 18yrs) Participants Signature: Date:

(Over 16 & Under 18 years) On behalf of _____, I agree to allow my son/daughter to use the CLTC gym, and I hereby certify that they will always be both medically fit, and mentally fit, and will always be appropriately trained and competent in the equipment, and shall never practice maneuvers or exercises beyond their own safe capability in the CLTC gym. I also agree to all aspects of the Waiver of Liability above, and that it is completely applicable to my sons/daughters usage of the gym, and by signing below confirms mine, and my sons/daughters, understanding of the terms of this waiver.

Parents Signature:

Applicants Signature:

Date:

Clontarf Lawn Tennis Club

Gym Usage Policy | Operation | House Rules

- CLTC members who are approved to use the gym need to know that they do so at their own risk of personal injury to themselves, or others, and that the club, the CLTC Executive Committee, its members, its employees, or its agents, accept no liability for injuries incurred in using the gym.
- Use of the gym is at the discretion of the CLTC Executive Committee. Any breach of the Gym Usage Policy will render the member liable to have their entitlement to use the gym withdrawn.
- CLTC members who use the CLTC Gym do so on the full and certain understanding that they do so under the own total sole personal responsibility and accountability for their own actions.
- CLTC members who use the CLTC Gym are required to secure and have confirmed for themselves that their own personal medical and mental health and conditioning is appropriately and suitably at the correct standard to use and operate the equipment in the gym, at all times. If in any doubt members must contact their doctor.
- CLTC members who use the CLTC Gym are required to secure and confirm for themselves that they are briefed, trained and competent to use and operate the equipment in the gym responsibly, at all times.
- The CLTC Gym is provided for the exclusive use by CLTC members only.
- Only members who have their annual membership fees fully paid up will be permitted access to use the gym.
- Only personal fitness trainers approved by the CLTC Executive committee can provide orientation sessions and personal training to members in the CLTC Gym.
- Applications to be considered to be added to the CLTC Executive Committee approved personal fitness trainer list must be made by email to info@clontarfltc.com, or in writing.
- Use of the gym without being formally authorized by the club is a breach of the club Gym Usage Policy | House Rules of the most severe category and will result in immediate exclusion from future use of the gym, and that exclusion can only be reversed by the approval of the CLTC Executive Committee.
- Removal of any equipment from the gym will be viewed as an act of theft.
- CLTC members who use the gym must note that the gym is under surveillance by the CCTV system within the club 24/7-365.
- CLTC members who use the gym consent to their attendance in the gym being recorded by CCTV.
- CCTV footage may be used as part of investigations of alleged theft, inappropriate behavior or other situations that may require sanction eg. Breach of gym usage policy.
- CLTC members who are approved to use the gym must not disclose the door access code to another individual.

- CLTC members who are approved and use the gym must sign the Gym usage /attendance book every time they enter, and leave, the gym.
- CLTC members who are approved to use the gym must not open the door from the inside and allow access to another individual without the entrant entering the access code.
- The gym shall be available for use in line with the main opening times of the clubhouse 08:30am – 10:30pm. The gym shall only be accessible when access to the main clubhouse is accessible.
- Users must wear suitable clothing and footwear at all times in the Gym.
- User are not permitted to use the gym wearing their normal tennis runners/footwear, as these are frequently not suitable for gym work and also they will bring unwanted sand from the tennis courts into the gym area.
- Junior members of the club, **under the age of 16** are not permitted to apply to be considered users of the gym.
- Gym equipment usage will operate on a 'first come-first served' basis.
- Whilst the gym is open access to approved usage members, there will be a usage limit of **1 hour** at a time by a member. Members are required to adhere to this policy to facilitate fair usage.
- Each piece of equipment has predefined recommended max durations for use by an individual member. Members are required to adhere to this policy to facilitate fair usage.
- Users are required to leave the Gym clean and tidy at all times, and must return all equipment to its designated area following use.
- CLTC gym using members are required to bring their own towel into the gym with them and wipe down the equipment after they use it. Leave it as you would like to find it!
- Members may not use the gymnasium whilst under the influence of alcohol or anticoagulant, beta-blockers, narcotics, tranquillizers or vasoconstrictors or any medication or other substance which may affect your ability to exercise safely. CLTC reserves the right to remove you from the premises if it reasonable believes you are unfit to use the facilities.
- Users must take all reasonable precautions to ensure their safety and the safety of others and must immediately inform the Executive Committee, by phoning the office at 01 8339782, and/or by email info@clontarfltc.com , or in writing, of any incidents that occur.
- Members requesting an Orientation session, or the CLTC personal trainers listing or any other information, can send a request by email to info@clontarfltc.com, or in writing to the Executive Committee.

CLTC Gym Usage Requirements

All users of the CLTC gym:

1. Must be fully paid-up club members.
2. Must attend a CLTC Gym Orientation session with a Personal Trainer.
3. Must secure their own personal satisfaction of their own medical fitness and gym usage competence
4. Must complete a CLTC Gym Usage Application Form, and sign the waiver.

CLTC members will be invited to apply for gym membership as follows:

- A. Those members who are currently a member of and regularly attending another gym, are already working to a regime and know their own capability and the workings of gym equipment must attend an ORIENTATION SESSION given by a personal trainer where the operation of the equipment will be explained before signing the waiver and using the gym independently.
- B. Other adult members must also attend an orientation session provided by a Personal Trainer where the operation of the equipment will be explained. After that orientation session, and separate to this orientation session, it is **required** that these members purchase at least one TRAINING SESSION(S) with a Personal Trainer (either on a 1:1, or 1-to-many basis) before signing the waiver and using the gym independently.
- C. **Over 16 & under 18** members. This group must attend an orientation session provided by a CLTC-approved Personal Trainer where the CLTC equipment will be explained. After that orientation session, and separate to this orientation session, it is **required** that these members purchase (at their own cost) **a minimum of 5** Training sessions with a Personal Trainer (either on a 1:1, or 1-to-many basis) in order for a personal fitness program to be defined and to be trained in the equipment's usage.

A member who is Over 16 & under 18 is not permitted to use the equipment independent of a Personal Trainer, without a qualified Personal Trainers written advocacy that the individual is suitably trained and mature to be permitted to use the gym without a personal trainer present.

After another period of 6 months, a review of the gym usage and operation will take place and use of the gym by other junior members will be considered.

The operation of the gym will be systematically reviewed by the CLTC Executive Committee on a regular basis.

The CLTC Executive Committee reserves the right to change this policy, at their discretion, without notice or challenge at any time.