



### Children 14 – 17 years

Children under the age of 18 years, must have permission granted by their parent or guardian prior to using the Ohaupo Community Gym.

Children aged between 14 and 16 years old, must be accompanied by a person over the age of 18 years.

### Health/medical

This is a **self-service** facility that is taken care of by volunteers. It is common to have no other person in the Gym; therefore, your personal safety and wellbeing is your own responsibility while working out in these facilities.

We recommend that all members discuss any health issues with their doctor prior to engaging in physical activity that may be a hazard to their health and wellbeing.

### Safety

Ensure you are aware of your abilities, and workout with a 'buddy' or 'spotter' when using the larger free weights.

**ALWAYS** remove weights from machines and place them back onto the racks once finished.

You must wear shoes at all times

No child under the age of 14 years old is to enter the Ohaupo Community Gym facilities.

### Hygiene

You **MUST** have a gym towel with you, and **ALWAYS** wipe down equipment using the sanitisers available once finished with exercise equipment.

Please wear deodorant.

Ensure you wear shoes at all times.

### COVID-19

Covid-19 is constantly changing. Any information required can be located on the Ministry of Health website.

If you have any signs or symptoms of having the virus COVID-19, or are suspected to have contracted this virus, you must not use the Community Gym until you have either recovered or tested negative for the virus. You must adhere to the rules set in place by the New Zealand Ministry of Health.

If you have confirmed that you have the common flu, please ensure that you consider the spread to others in the Gym is minimised.

Do not risk spreading any virus through our community.

### Facility

Ensure that you leave the facility as you entered it.

Ensure your shoes are clean before entering.

Please respect the equipment and building.

There are shower facilities available for use.

Opening hours are **6am to 11pm** daily.

Music in the building needs to be to a respectful level, as there are nearby residents. In particular, please keep music very quiet before 8am and after 9pm.

Key access will be via a mobile phone application, Gallagher co-pilot.

Phone requirements:

Android – requires version 5.0 or later and chrome browser 7 or above

Apple – requires iOS 12.0 or later

Access cannot be gained via any other means.

### **Membership**

The gym is for members only.

Your membership will be revoked if you let in non-members.

### **Disclaimer**

Ohaupo Community Gym, is a community-based facility. Therefore, trustees in the sponsors nor other parties associated with the Ohaupo Community Hub (including volunteers) will have no responsibility, financial or otherwise, for any risk incident that may arise, whether or not this has occurred due to negligence, from any direct or indirect loss, injury or death that may have been sustained or caused by me or any other party directly or indirectly associated with me, from my intended purpose or actual use of the Ohaupo Community Gym facility or other activities.

Personal safety is paramount when exercising at our facilities.

***A breach of any of these terms and conditions will guarantee revocation of your membership.***

### **Guardian/parental consent**

#### **Informed consent**

I hereby acknowledge that:

- I give permission for my child (aged 14-17 years) to enter and use the facilities provided at the Ohaupo Community Gym.
- I hereby acknowledge that I agree to the terms and conditions and have ensured my child understands them.

Name: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Personal consent**

**Declaration**

I hereby acknowledge that:

- The information provided above is true and correct.
- I will inform you immediately if there are any changes to the information provided above.
- I agree to the terms and conditions.

Signature\_\_\_\_\_

Date: \_\_\_\_\_

***Please provide the Gym Manager with a signed copy of this agreement.***

**Manager**

Brad Hancock

Email: [info@ohaupohub.org.nz](mailto:info@ohaupohub.org.nz)