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12 Lilburne Street

Lucas VIC 3350

Tel: (03) 5338 9102

[lucasgym@bchc.org.au](mailto:lucasgym@bchc.org.au)

**Ballarat Community Gym @ Lucas - Terms and Conditions**

**Opening Hours**

* Ballarat Community Gym @ Lucas operating hours are:
  + MONDAY-THURSDAY: 6.00am-11am / 4.00pm-7.00pm
  + FRIDAY: 6:00am – 11am / \*2.00pm – 5.00pm

\*Unsupervised

* + SATURDAY: 7.00am-11.00am

The facility at Ballarat Community Health also has exercise sessions running outside of the above hours - these sessions are for older adults or people who require additional support to exercise. To participate in these sessions participants must be either 50 years and over or have a chronic health condition. Entry into most of these sessions requires an assessment with an Exercise Physiologist prior to commencing. Entry to these sessions is not included in the Ballarat Community Gym @ Lucas membership. For more information on these programs call **(03) 5338 9102.**

**Your membership includes**;

The Ballarat Community Health Gym at Lucas provides public access to modern exercise equipment in a welcoming and accessible community space.

All gym sessions are supervised by appropriately qualified trainers with exercise plans tailored to the needs and health status of participants. Supportive group fitness classes are designed to provide variety and stimulation in a sociable environment.

* Group fitness classes (including Boot Camp, Yoga, Pilates and Tai Chi at Lucas)
* Pre-Exercise Assessment and Functional Movement Screen. We prescribe exercise based on your FMS scores, so the exercises are specific to what you need to first move well, and then move often.
* Individualised exercise program
* Regular assessments
* Unlimited use of Lucas gym facilities within defined opening hours.
* Does not include personal training sessions

**Types of memberships**

* **12 visit pass**
* **6 month membership**
* **12 month membership**
* All paid in full memberships are non-refundable. However under special circumstances partial refunds may be considered on a case by case basis taking into account individual circumstances
* **Direct Debit membership**
* Fortnightly direct debit memberships have no minimum term and may be cancelled at any time. Please advise us in writing if you would like to cancel your direct debit. This must be done at least 3 working days prior to the next scheduled fortnightly payment date.
* If for any reason you are unable to pay your direct debt on the set date we would ask that you provide an explanation in writing as to why that payment had not gone through within one week. Reasons for non-payment will be considered on a case by case basis. If you fail to pay a second consecutive direct debt without a valid reason then Ballarat Community Gym @ Lucas retains the option to suspend your membership until the outstanding payment is made.
* As there is no annual contract on a direct debit membership, Ballarat Community Health reserves the right to increase membership fees and will provide direct debit members 30 days’ notice of any changes, in writing.  This allows members the option to discontinue their membership if desired.  At the end of the 30 day period, unless Ballarat Community Health is advised in writing to discontinue the membership, it is understood that the direct debit membership will continue at the new rate.

**Cancellation of Membership**

* If you wish to cancel your membership you may do so at any time by advising us in writing. Refunds on cancelled upfront payment memberships are possible in some circumstances and will be considered on a case by case basis. Refunds are not unconditional in nature.

**Selected Suspension of Membership**

* If you wish to suspend your direct debt membership due to personal circumstances please contact us by phone or email. The length and rationale for suspension will be considered on a case by case basis at the discretion of BCH.

**Confidentiality**

* All personal information from assessments will be stored confidentially in a private file that only Community Health gym staff can access
* Confidential and personal information will not be released to others unless permission is granted by the member

**Pre-exercise screening and assessment:**

* It is a condition that every member must fill out a Pre-Exercise Screening form (PEST) before performing any exercise within the gym
* It is the member’s responsibility to get a GP clearance or Exercise Physiologists assessment if they circle YES to any of the PEST questions prior to commencing exercise within the Community Health Gym
* GP appointments at Ballarat Community Health may be made at reception on 5338 4500 or you may choose to attend your own GP for clearance
* Alternatively Exercise Physiologist appointments can also be made by calling 5338 4500
* It is highly important to disclose any medical conditions or injuries you have now or hereafter that may be affected or aggravated by, or which may cause sickness, injury or death to you as a result of your use of the gym and its facilities.
* All members are entitled to a free health and fitness assessment including the Functional Movement Systems Screen; an individualised exercise program and demonstration of exercise program.
* Re-assessments and program changes are left up to the discretion of the member. However, Community Health Gym Staff advise that programs should be altered every 8 weeks to ensure goals can be met.

**Access and use of fobs**

* Access to the Community Health Gym will be from the car park located behind the Community Health Building off Lilburne Street, Lucas. **PLEASE NOTE: Access to the gym during unsupervised hours is via the gym’s internal door.**
* Once you have become a member you will receive a fob which will gain you access to the Community Health Gym
* On entry to the gym **every member MUST sign in by placing their fob over the receptor** located next to the computer.
* If a member fails to remember to bring their fob, gym staff may sign members in.
* If a fob is lost a $5.00 lost fee will apply to replace the fob

**Unsupervised gym access**

* The Lucas Community gym offers access to the gym on an unsupervised basis on Fridays from 2-5pm. Members may use the gym facilities at this time at their own risk, with the understanding that no exercise program staff are available to provide assistance.
* Access to the gym during unsupervised hours is via the internal door. All external doors to the gym must remain locked.
* Members under the age of 18 are not permitted to access the gym during unsupervised hours unless accompanied and supervised by a person who is 18 years or older AND a current member.
* As a member you acknowledge that the Lucas Community gym may use video monitoring in our facilities for health, safety and security reasons. If you have any queries in relation to the use of monitors operating in and around these facilities please contact us. BCH will advise of any additional security precautions implemented during unsupervised gym hours.

**Additional fees**

* Additional fees to your membership may include but are not exclusive to specific programs that run over a set period of time such as seminars or personal training.
* These programs will be at an additional cost to your existing membership and must be paid prior to commencing the program

**Minimum age of members**

* The minimum age to enter into a membership contract is 18 years of age. If under 18 years of age, the Lucas Community gym requires a parent or guardian to sign and enter into the membership agreement on your behalf, including financial responsibility. This requirement is for all types of memberships, excluding casual visits.
* For safety and security reasons members must be at least 16 years old to use the gym facilities independently. Members under 18 years of age are NOT PERMITTED to access the gym during unsupervised hours unless accompanied and supervised by a person who is 18 years or older AND a current member.
* Participants must be a minimum of 14 years of age to participate in group exercise classes (outside of the teen gym).

**Teen Gym (12- 16 years of age)**

* The Teen Gym provides a safe and supervised gym experience for teenagers between 12 -16 years of age to learn the fundamental movements associated with resistance training. A free health and fitness assessment conducted by a BCH Exercise Physiologist or Exercise Trainer is required prior to commencing the Teen Gym. An indivualised exercise program will be created for each teen gym member.
* Parental or Guardian consent is required for teen gym participation
* There are dedicated sessions per week for this age group to have full access to the gym and our gym staff.
* Participants must be a minimum of 14 years of age to participate in group exercise classes (outside of the teen gym).

**Ballarat Community Gym @ Lucas-Code of Conduct**

**Community Health Gym Rules**

* Closed in footwear must be worn
* Neat, clean and appropriate clothing must be worn
* A towel must be used on all benches
* Cardio equipment is to be wiped down after use
* At busy times use of cardio equipment will be limited to 20mins
* Bring a drink bottle
* Weights must be returned to original place after use
* Do not drop weights – place them down carefully
* Swearing and other offensive behaviour will not be tolerated
* Be respectful of all gym users

**Right to restrict or terminate memberships**

* Community Health Staff may restrict or suspend a membership at any time in the following circumstances;
* Concern for the health and safety of the member
* Presence of an Illness that is highly contagious/ infectious for at least 24 hours following symptoms resolving.
* Non-compliance, improper or harmful conduct engaged by the member
* Failure to pay 2 successive Direct Debt payments
* Community Health Staff may terminate your membership at any time on the following basis;
* Suspicion / confirmation of illegal activity performed on the grounds of Ballarat Community Health
* Failure to follow policies and gym rules, or violate any part of this agreement
* Behaviour which is improper or harmful to other members or staff of Ballarat Community Gym
* Damage or destruction of equipment or surrounding property of Ballarat Community Health

**Inappropriate Behaviour or actions**

* Inappropriate behaviour is not tolerated at Ballarat Community Gym
* If inappropriate behaviour is witnessed by either a member or staff of Ballarat Community Gym a verbal warning will be given and noted for future reference
* If behaviour continues a formal written warning will be issued and a meeting set up to discuss reason for inappropriate behaviour and resolution of the situation
* If inappropriate behaviour still continues then Ballarat Community Gym reserves the right to terminate membership and will not refund any unused portion of fees payed.
* Once termination is complete the offending member will not be allowed access within the gym at any time hereafter.

**Damage and destruction of property**

* Ballarat Community Health is a public and accessible space designed for the use of the broader community. Members are therefore asked to be conscious of the location and security of any personal property they choose to bring on the premises. **Ballarat Community Health shall not be liable for any damage to or loss of personal property brought onto the premises.**

**Risk Warning**

* Ballarat Community Gym warns that, whilst using the gym, you may be at risk of physical harm or personal injury including broken bones, soft tissue injuries and/or joint injuries due to;
* Being struck by weights
* Colliding with equipment or other members
* Engaging in overly strenuous exercise or activities
* Incorrect or inappropriate use of gym equipment
* Members acknowledge and agree that the above examples are not exhaustive and there are other unknown or unanticipated risks which may cause injury or illness.
* The Ballarat Community Gym will at all times work to provide a safe and supportive exercise environment but members must be aware that the risk of injury cannot be entirely eliminated.
* Members acknowledge that whist every attempt is made to ensure the gym services and facilities at the Ballarat Community Gym are safe, there are significant and inherent risks involved and you agree you are participating voluntarily and at your own risk and responsibility, thereby exposing yourself to certain risks.