



Straffan GAA

Straffan GAA GYM EQUIPMENT Policy & Rules

Gym Equipment Policy

The Straffan GAA club have facilitated the use of Gym Equipment for the enjoyment and physical development of the club members. Only paid-up members of Straffan GFC, Straffan Camogie or Straffard LGFA may use the Equipment. The Following Rules have been established to ensure the safety and enjoyment of all participants, and to preserve our facilities for their intended use and users. Cooperation of all members is appreciated.

ANYONE NOT OBEYING THE RULES WILL NO LONGER BE ALLOWED TO USE THE EQUIPMENT AND MAY FACE SUSPENSION OF CLUB MEMBERSHIP

PLEASE OBSERVE THE FOLLOWING RULES BEFORE USING THE GYM EQUIPMENT:

- The gym equipment is for members use only.
- All members must complete induction training before using gym equipment and submit a signed declaration to StraffanGFCGym@gmail.com
- Club mentors who want to supervise their teams use of the Gym must themselves have completed induction training before using gym equipment and submit a signed declaration to StraffanGFCGym@gmail.com
- To use the gym equipment you must be a paid up Straffan GAA Club member (**current year**).
- All users must sign in and out of the Gym using the NFC Phone App eWeLink panel at the entrance door.



- Each individual using the gym are required to tap the NFC Phone App eWeLink panel at the entrance door so all users are logged for insurance purposes
- Operational hours for the gym are strictly from **7am to 10pm only**.
- Participation is at your own risk.
- Users are responsible for reading and adhering to gym policy and notices.
- Under 17 club members are not allowed use the Gym equipment at any time unless under the supervision of an official club mentor who has already completed induction training and submitted the signed declaration to StraffanGFCGym@gmail.com or their assessor
- CCTV is in operation inside the Gym for your own and others safety. GDPR guidelines are adhered to at all times by the Club and those monitoring this CCTV footage.
- No one is allowed to use the equipment on their own.



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PLEASE OBSERVE THE FOLLOWING RULES WHEN USING THE GYM EQUIPMENT:

- All users must be considerate of others using the gym equipment.
- Foul language, spitting and other disruptive behaviour must be avoided out of courtesy to

other users. (including excessive use of mobile phone).

Proper attire and clean non marking runners must be worn (no football boots).

No food allowed in the gym drinks containers must be plastic & capped (no gum).

Bring a towel with you to the gym and wipe down equipment after use.

Equipment should be used for the intended purpose in the appropriate manner.

You have to limit your workout if the gym equipment is booked for a team/pre-booked.

Video recording is not allowed without permission from the club secretary.

PLEASE OBSERVE THE FOLLOWING RULES AFTER USING THE GYM EQUIPMENT:

- Return free weights properly on rack after each use.
- Gym to be left clean and tidy and mats put back and no rubbish left.
- Switch off lights when finished.
- Please report any equipment malfunction /damage or issues to:
 - The club Chariman
 - StraffanGFCGym@gmail.com

Straffan GFC Induction Declaration

I confirmed that I have being shown how to use all of the gym equipment in a safe and responsible manner. I accept use of the gym is at my own personal risk. I confirm that I am a paid-up member of Straffan GFC for the current year.

Name: _____

Date: _____

Please sign and give a copy to the assessor or send an electronic signed copy to StraffanGFCGym@gmail.com