



## CLUB RULES

### **MEMBERS ARE REQUIRED TO COMPLY WITH THESE RULES AND BY ENTERING THE CLUB THE MEMBER MAKES THE FOLLOWING PLEDGES:**

1. Club membership means the entitlement to use the Club's facilities, not its actual use. Failure to use the Club's facilities does not release the member from their obligations under this agreement.
2. I understand that the Club is under 24 hour CCTV surveillance for security purposes and I will hold no privacy claims against the Club.
3. I agree to not cause damage, vandalism to any equipment; I understand that CCTV is in use and that footage can be used as evidence in any proceeding or claims. I further agree that the removal or any items of equipment from the Club without the written permission of the Club Owners constitutes theft and will be reported to the authorities.
4. I agree that my membership is strictly for my personal use (and non-business use) and cannot be used by another person, and that I will not permit any other person to use my membership or sessions. I understand that bringing non-members into the club may result in a fine of \$100 (per offence) and/or having my membership terminated.
5. Defaulting on payment of fees may result in me being denied access to the Club and being liable for the Biller's Administration Fee .
6. I will adhere to the terms and conditions, as varied from time to time, per the 'Membership Form' and Terms and Conditions.
7. I will adhere to all Fast Twitch policies and procedures and all etiquette requirements of each area of the gym. All policies and procedures including WHS policies can be found at the front counter.
8. If I believe there is a risk to my health or to me physically or otherwise by participating in a fitness service at the Club, I will inform the Club in writing about the risk.
9. I understand that I am responsible for my own safety and welfare while exercising at the Club.
10. I understand that the Club will at times be unattended by Staff, especially as the Club will be operating a 24/7 Club.
11. I understand that proper training clothing, attire must be worn whilst at the Club and appropriate for the training.
12. I accept that a sweat towel or towels must be placed on the floor for my use while doing floor training / exercises.
13. I will return equipment to its original position after use.

14. I will be courteous, respectful and helpful to the Club community at all times. The Club is an equal opportunity community and has zero tolerance policies against sexual harassment, racial discrimination and bullying (whether displayed vocally, physically or via attire of any type).
15. I will take and accept and follow directions from staff at all times.
16. I will maintain personal hygiene to exceptional standards as to not offend other members.
17. I will not take or cause to be taken any photos or video footage in this facility, the Club.
18. I understand that some memberships and services will not be accessible on Public Holidays where there will be no staff in attendance at the Club.
19. All members must complete an induction/orientation and fill in the **pre-exercise screening tool**, before accessing,using, the Club's facilities and services.
20. Only approved and authorised by the Club, fitness instructors are allowed to work from the Club, if management believes a fitness instructor or a member is providing services without prior approval we reserve the right to terminate their membership and seek compensation in damages
21. Minors are not permitted into the Club or to partake in any activity in the club, unless they hold a membership under our Special Conditions Memberships for under 18 year olds.
22. I understand that the Club has a zero tolerance policy towards distribution and use of illegal or performance enhancing drugs or substances and persons caught in breach will be immediately dismissed and reported to the authorities. Alcohol is not to be brought, consumed or distributed on the Club's premises. The Club and its immediate surrounds are strictly non-smoking areas.
23. I understand that not all facilities may be accessible to me, including services such as rehab, sauna and ice baths. If I wish to access these services, I agree to comply with correct terms and conditions of use, under the correct membership of the Club.
24. I understand that the Club's rear car park is closed from 9pm to 6am daily, and that members are responsible for ensuring their vehicle is moved before the Club's gates are closed.