

AVENUE LAWN TENNIS & SQUASH CLUB

BYE-LAWS FOR USE OF GYM FACILITY (FITNESS SECTION)

1. Only members of the Club may join after attending an Induction Course held at the Club by a REPS Level 2 (minimum) qualified instructor.
2. Your Proximity Card for entrance to the Clubhouse will also give you entrance to the Gym.
3. Members found to be abusing their membership will have to re-apply again for membership.
4. Members are required to take a towel for use on the apparatus.
5. Members are required to remove their jewellery before using the apparatus.
6. Members must not take glasses from the bar into the Gym.
7. Members are required to switch off lights, turn off the radio and close the door and windows after use if no other person is present.
8. Members are asked not to walk across the rear of the Glass Back Squash Court whilst play is in progress but wait until the rally is finished. If Hampshire League matches are taking place they are required to go to and from the changing rooms via the top corridor and club lounge.
9. Members over 16 and under 18 years of age may only use the Gym after the agreement to exercise in accordance with the resistance training guidelines as set out below, has been signed by their parent/guardian.
10. Members over 14 and under 16 years of age may only use the Gym when supervised by a suitably trained adult, aged 18 years and over, acting in accordance with the resistance training guidelines as set out below.
11. Members over 12 and under 14 years of age may only use the Gym when supervised by a REPS Level 2 (minimum) qualified instructor acting in accordance with the resistance training guidelines as set out below.
12. All matters concerning the staffing, apparatus and membership of the Gym are the sole concern of the Club's General Committee.

RESISTANCE TRAINING GUIDELINES

Copy to be given to all members under 18 years, when attending an induction on the gym apparatus
Please refer to attached sheet

✂..... * Members under 18 years of age please complete this tear-off form, where applicable, and return it to the office.

Name of Member:.....

D.O.B:.....

Signed:.....(parent/guardian)

Date:.....

I have read the Gym Byelaws and agree that my child will abide by these and the Byelaws of the Avenue Lawn Tennis & Squash Club