



**DUNSHAUGHLIN
&
ROYAL GAELS
GYM POLICY
&
RULES**



DUNSHAUGHLIN & ROYAL GAELS POLICY & RULES



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DUNSHAUGHLIN & ROYAL GAELS POLICY & RULES



Dear Friend,

On behalf of Dunshaughlin Royal Gaels we would like to take this opportunity to welcome you as a valued member of our Club.

We sincerely hope you will enjoy your experience as a member.

Please be mindful of the fact that Dunshaughlin Royal Gaels is run by volunteers who give their time and expertise generously to ensure the continued playing of our Gaelic Games in the community and the maintenance of this magnificent facility which is the home of the club.

If you wish to speak to any of the club members with designated responsibility for the GYM, contact details are below.

Yours faithfully

Dunshaughlin Royal Gaels GAA Club

- **Chairman Frank Gallogly 086-8686729**
- **Secretary Declan Bannon 087-6468361**
- **Facilities – Jim Gilligan 086-8291816**



DUNSHAUGHLIN & ROYAL GAELS PAR - Q



Physical Activity Readiness Questionnaire (PAR-Q)

Name: _____

Date: _____ DOB: _____ Age: _____

Home Phone: _____ Work Phone: _____

Regular exercise is associated with many health benefits, yet any change of activity may increase the risk of injury. Completion of this questionnaire is a first step when planning to increase the amount of physical activity in your life.

Please read each question carefully and answer every question honestly: (Tick the appropriate answer)

- 1. Do you have a heart condition and should only do physical activity recommended by a physician? Y N
- 2. When you do physical activity, do you feel pain in your chest? Y N
- 3. When you were not doing physical activity, have you had chest pain in the past month? Y N
- 4. Do you ever lose consciousness or do you lose your balance because of dizziness? Y N
- 5. Do you have a joint or bone problem that may be made worse by a change in your physical activity? Y N
- 6. Is a physician currently prescribing medications for your blood pressure or heart condition? Y N
- 7. Are you pregnant? Y N
- 8. Do you know of any other reason you should not exercise or increase your physical activity? Y N

If you answered yes to any of the above questions, talk with your doctor BEFORE you become physically active. Tell your doctor of your intention to exercise and which questions you answered 'yes' to. If at any stage your health changes, resulting in a 'yes' answer to any of the above questions, please seek guidance from a GP.

Participant's Signature: _____

Date: _____



WHERE WE ALL BELONG



DUNSHAUGHLIN & ROYAL GAELS POLICY & RULES



GYM EQUIPMENT POLICY

Dunshaughlin and Royal Gaels have facilitated the use of Gym Equipment for the enjoyment and physical development of the club members. Only paid up members of Dunshaughlin and Royal Gaels club 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 ADHERING TO THE RULES WILL NO LONGER BE ALLOWED TO USE THE EQUIPMENT

PLEASE OBSERVE THE FOLLOWING RULES BEFORE USING THE GYM EQUIPMENT:

- The gym equipment is for members use only.
- All members must complete induction training with the club's approved instructor before using gym equipment.
- To use the gym equipment you must be a paid up Club member (current year).
- All users must sign in and out of the Gym.
- Participation is at your own risk.
- Users are responsible for reading and adhering to gym policy and notices.
- AGE RESTRICTION - No one under 16 is allowed to use the equipment at any time.
- AGE RESTRICTION - Persons aged over 16 & under U18 can only use the gym as part of an official supervised training session.
- No one is allowed to use the equipment on their own.



DUNSHAUGHLIN & ROYAL GAELS POLICY & RULES



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 boots).
- No food is 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:

- Switch off machines after use and return any loose 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 Instructor or if urgent call the club secretary



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WAIVER AND RELEASE OF LIABILITY

In consideration of my involvement and participation in the use of all amenities and equipment in the facility and my participation in any activity, class, program, personal training or instruction I fully understand and acknowledge that:-

- (a) Risks and dangers exist in my involvement and participation in in any activity, class, program, personal training or instruction
- (b) My participation in such activity may result in my injury or illness including but not limited to bodily injury, fractures, partial and/or total paralysis, eye injury, blindness, dismemberment or other ailments that could cause serious disability or death;
- (c) By my participation in these activities and/or use of equipment, I herby assume all risks and dangers and all responsibility for any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of the agents, officers, employees of **Dunshaughlin and Royal Gaels** or other third parties;

I, on behalf of myself, my personal representative and my heirs, herby agree to release, waive, discharge, hold harmless, defend and indemnify **Dunshaughlin and Royal Gaels** and its agents, officers and employees from any and all claims, actions or losses for bodily injury, property damage, wrongful death or otherwise which may arise out of my involvement and participation in the facility

Print Name of Participant: _____

Please use Block Capitals

Participant's signature: _____

Date: _____



DUNSHAUGHLIN & ROYAL GAELS POLICY & RULES



Dunshaughlin and Royal Gaels Club Gym

Anyone in breach of the club gym policy and allowing non-members or underage individuals access into the Gym will have their access revoked for the duration of the membership year.

This will be closely monitored by the Gym Committee.

This is due to Insurance reasons as outlined in the GAA Combined Liability Insurance Policy All Clubs

For access to the gym please contact the Club Secretary

1. Reference - GAA Combined Liability Insurance Policy All Clubs – Page 8 – Gym Facilities
2. Reference - The LGFA Injury Fund