

USE OF GYM RULES

- MEMBERS ONLY –ALL members must complete a fitness induction before using the Gym. The use of the gym for individual purposes is only permitted outside of all scheduled team training times.

Phob Key system will be in place and only the member whose name is attached to that phob can enter and use the gym.

- USE THE EQUIPMENT PROPERLY - Misusing equipment will lead to injury / damage the equipment; follow directions / instructions of use. Ask Fitness staff if you require assistance

- AGE RESTRICTION - Only persons 16 and over are permitted to use the Gym Facility

- AGE RESTRICTION – Persons aged over 16 & U18 can only use the gym as part of an official supervised training session.

- CLEAN THE MACHINE YOU USE – Please respect other users Carry a towel and clean down equipment after use

- PICK UP AFTER YOURSELF - If you move equipment put it back where it belongs. Place rubbish in the bins provided and remove personal items from the facility

- PERSONAL BELONGINGS – Members are responsible for their own belongings and valuables should not be left in the Gym or changing facilities

- PROPER HYGENIE REQUIRED – wear clean clothes while working out. Closed Top athletic shoes required. NO dress shoes, boots or sandals permitted

- NO GLASS CONTAINERS - Only Plastic Drinks Containers

- NO SMOKING / CHEWING GUM OR FOOD PERMITTED

- CASHEL KING CORMACS GAA CLUB TAKE NO RESPONSIBILITY FOR ANY INJURY SUSTAINED OR PROPERTY LOST WHILST USING THIS FACILTY ANY QUERIES TO CASHEL KING CORMACS EXECUTIVE COMMITTEE.

Waiver and Release of Liability

In consideration of my/our involvement and participation in **Cashel King Cormac's Gym Facility**.

I/We fully understand and acknowledge that:-

(a) risks and dangers exist in my/our involvement and participation in above said gym.

(b) my/our participation in such activity may result in my/our 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/our participation in these activities and/or use of equipment, I/we 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 **Cashel King Cormac's GAA** or other third parties;

I/we, on behalf of myself/ourselves, my/our personal representative and my/our heirs, herby agree to release, waive, discharge, hold harmless, defend and indemnify **Cashel King Cormac's GAA** and its agents, officers and employees form any and all claims, actions or losses for bodily injury, property damage, wrongful death or otherwise which may arise out of my/our involvement and participation in above said gym facility.