



Dromcollogher/Broadford G.A.A. Club

The following Rules must be adhered to so that our club is following GAA Policy

Gym users must be a member of the club. This is for insurance reasons.

Gym users under 18 may use the gym only as part of a session that is supervised by a coach.

U-16s are not permitted use of gym equipment unless it is part of a specific programme that has been given by Club or County and that it is carried out under the direction and supervision of a coach who has experience or qualifications in Strength and Conditioning.

Only playing members are covered by the GAA Injury Scheme when using the gym as part of a supervised training session.

All users must receive an induction overseen by a suitably qualified coach/instructor.

A record of this induction must be maintained and signed by the member and the coach/instructor.

ALL users must be trained in the use of the equipment.

The sign-in book should be updated each time the gym is used.