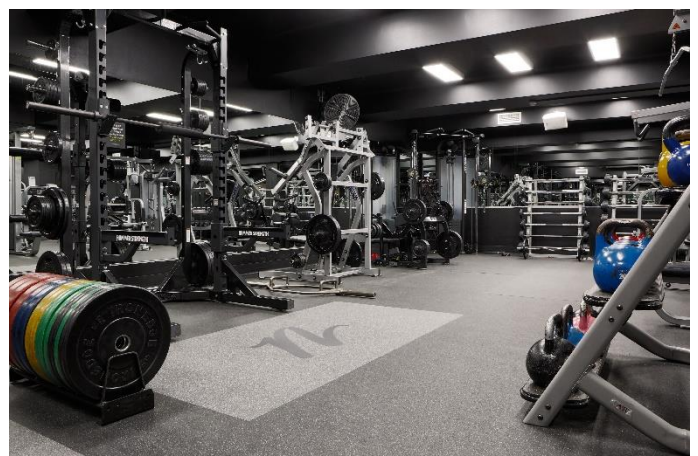
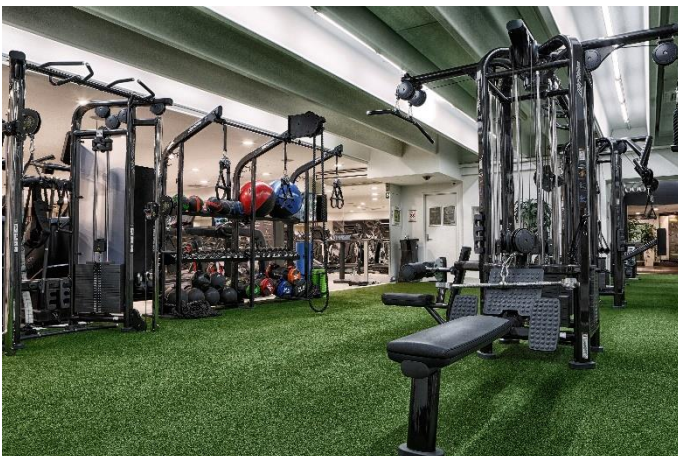




RULES FOR MEMBERSHIP AND USE OF Norths Fitness

Cammeray's Premium Health and Fitness Facility
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These rules are designed to ensure that you have a safe and enjoyable experience each time you visit norths Fitness and Revolution Health & Fitness.

1. Eligibility

- (a) Should a maximum membership level be reached, a waiting list will be put into operation.
- (b) Any user wishing to participate in any group fitness class, resistance (weight) training or swimming activity is required to satisfactorily complete a Pre-exercise Questionnaire prior to being permitted to undertake such activities.
- (c) Where Norths Collective in its absolute discretion requires additional medical support documentation following completion of the Questionnaire from a member, that member shall not be permitted to and must not use the facilities or undertake certain activities unless a satisfactory clearance certificate is firstly obtained and provided. We adhere to this policy requirement for the following reasons:
 - (i) So that staff can assist with exercise and fitness programs tailored for the member based on their individual level of health and fitness.
 - (ii) Should a patron have the misfortune to become unwell or injure themselves and a family member is not contactable for any reason, the ability for staff to access a member's health/medical record may well save their life.
 - (iii) Information that is readily available allows for staff to rapidly respond to emergency health care issues and assists with advice to medical practitioners and ambulance/health care personnel.

2. Membership

- (a) Membership is only granted when all required paperwork has been satisfactorily completed and all payments have been made.
- (b) Norths Collective will accept government-issued senior cards and pension cards when purchasing a concession membership. Student cards with an expiry date are also accepted for concession memberships.
- (c) Foundation Membership at Norths Fitness was available from the 7 of November 2005 through to the 31 January 2006 inclusive. Foundation memberships are no longer available to be purchased but they will be honoured by Norths Collective.

3. Induction Process

- (a) You are required to participate in an induction process at Norths Fitness or Revolution Health & Fitness prior to engaging in any activity or using any equipment.
- (b) The induction process will include a mandatory health screening with a Fitness and Lifestyle consultant to assess your suitability to exercise. This will be followed by an equipment and facility induction.

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- (c) Before a member can access the facilities and amenities of Norths Fitness and Revolution Health & Fitness outside staffed hours, every member must complete the 24 hour video induction.

4. **Group exercise**

- (a) In the interest of safety and to avoid disruption of classes, you may not be admitted into a class after the warm-up period. A five-minute cut off time prior to class commencement will apply for the collection of tokens where class bookings are required. After this time the class will be opened up to members on the waiting list. Bookings are required for Norths Fitness only.
- (b) Norths Collective reserves the right to suspend the booking privileges of members who repeatedly fail to attend a booked class.
- (c) Unless otherwise determined by Norths Collective in its absolute discretion, there will be no admittance to a class without a valid membership or day pass.
- (d) You must stay for the cool down and stretch parts of your class as these parts of the class are important to avoid injury.
- (e) You are required to put away mats and other class equipment after use and where necessary, clean/wipe such equipment.
- (f) Class schedules will be reviewed quarterly and changes will be published in advance at Norths Fitness and Revolution Health & Fitness and also displayed on one or more of Norths Collective's website (www.northscollective.com.au, www.northsfitness.com.au or www.revolutionatseagulls.com.au).
- (g) Fees for certain specialist classes and courses may be charged in addition to your membership fee; you will be informed of these charges in advance by Norths Collective.
- (h) Members are required to observe the instructions of the class instructor and abide by the booking procedures and etiquette required by Norths Collective and its representatives.
- (i) The instructor for each class shall be determined by Norths Collective in its absolute discretion and Norths Collective reserves the right to replace any instructor or use an alternate instructor to the one listed on the class sheets when deemed appropriate or necessary by Norths Collective.

5. **Health and Exercise Prescription**

- (a) You must not increase your exercise program beyond the progressions stipulated, or to use an unfamiliar piece of equipment, without consulting a Fitness and Lifestyle Advisor first.
- (b) You must not exercise if you have been drinking alcohol, are sleep deprived, have not eaten sufficiently, have a heavy cold or flu, have an illness or are taking medication.
- (c) If you have time off from exercise you are advised not to resume your previous exercise regime at full capacity but instead start with a lighter workout and build up again gradually to full capacity.

6. **Health and Exercise Recommendations**

- (a) If you become pregnant, sustain an injury or undergo a medical operation please obtain medical advice and clearance and also consult a Fitness and Lifestyle consultant before resuming exercise.

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- (b) Listen to your body. If an exercise hurts or you feel unwell or light-headed, stop exercising and inform a member of staff.
- (c) You confirm that, if at any time you are in doubt about your health and /or physical condition, you will seek medical advice and obtain a medical clearance before embarking on further exercise and you will keep gym staff advised of any changes in your health.

7. Changing rooms and lockers

- (a) Bags are not permitted in the group fitness, gymnasium or pool areas. Lockers are available for short-term storage of personal items. Items left in lockers overnight will be removed and handed to the Club's Lost Property.
- (b) For security reasons, valuables should not be brought to norths Fitness or Revolution Health & Fitness.
- (c) Property in lockers is stored at your own risk.
- (d) Towels can be hired for a cost at Norths Fitness.
- (e) Unclaimed personal property found in the gym will be placed in the club's Lost Property area. This will be emptied each fortnight.
- (f) Norths Collective does not accept responsibility for any loss or damage to your property and belongings at Norths Fitness and Revolution Health & Fitness.

8. Conduct

- (a) The consumption of food is not permitted within Norths Fitness or Revolution Health & Fitness.
- (b) You must wipe down the equipment in Norths Fitness or Revolution Health & Fitness after use with the cleaning solution and paper towels provided.
- (c) You must be courteous to fellow members and to ensure that time restrictions on equipment use are adhered to.
- (d) You must conduct yourself in manner that does not disturb or endanger others. Please replace weights and other exercise equipment after use.

9. General

- (a) Usage levels will be monitored throughout the day to help control numbers.
- (b) Members must wear clean and appropriate health and fitness apparel (including footwear) in group fitness classes; the gymnasium and for Norths Fitness, the swimming pool areas.
- (c) Workout towels must be used during workouts.

10. Changes to Rules

- (a) Norths Collective, may in its absolute discretion, amend these Rules.
- (b) An amendment to these Rules shall come into effect immediately upon the posting of an appropriate notice on the noticeboards at norths Fitness and Revolution Health or by placing a notice on one or more of Norths Collective's websites (www.northcollective.com.au, www.northsfitness.com.au or www.revolutionatseagulls.com.au).