



USING GYM EQUIPMENT POLICY

This policy is designed to promote, protect and regulate the use of the Sunshine Harvester School's gym facilities.

Gym Equipment

The gym consists of the following equipment:

- 1) Elliptical Trainer
- 2) Treadmill
- 3) Rowing Machines
- 4) Exercise bike
- 5) Set of Weights

Who can use the Gym

The gym is available solely for use by Sunshine Harvester Staff.

Students may not use the gym or enter the area without adult supervision. Any individual who uses the gym does so voluntarily and at the individual's own risk. Sunshine Harvester Primary School will not be liable for any injury sustained by any person as a result of using the gym equipment. No staff member is permitted to use the gym unless they have attended a safety induction and the instructor has verified that you may use the equipment.

Induction for new users

New users of the gym must attend an induction session from an appointed by the Principal instructor and view short intro videos on Sunshine Harvester School's website:

www.sunshineharvesterps.vic.edu.au Pathway: Management – Info for Staff – Gym equipment use

Before using the Gym Facility

The school advises that before participating in an exercise programme all users should have a thorough physical examination from a medical practitioner.

- Any person with a history of heart disease, hypertension, diabetes or any degenerative joint or muscular disease should first obtain permission from their doctor.
- Do not eat a large meal for at least 2 hours before exercise.
- Seek medical advice before using the equipment if you have a medical problem.
- Always ensure that your clothing and footwear are suitable and properly fitting.
- Avoid training alone. For your own safety, try to ensure there is someone else present.
- Always warm up prior to exercise and cool down afterwards.
- Always warm up and stretch before exercise

Gym Safety Rules

- Users are not allowed to train without suitable footwear
- Do not bring food or drink in the Gym, except water in appropriate plastic water bottles. Always leave the gym how you would like to find it.
- There is a risk of injury when using (or misusing) weight training equipment. Please ONLY work with weight you can manage/ handle
- Do not continue training if you feel dizzy or unwell. Remember to breathe properly during exercise particularly when lifting weights.