

Member Name: _____

Date Inducted: _____

Property Address: _____

Lot Number: _____

Phone: _____

Email: _____



Club Marriott Members Information & Induction

staff@marriottwaters.club

Club Marriott Office

Centre Hours of Operation

Monday to Sunday
Gymnasium 4.00am to 11.00pm
Swimming Pool & Outdoor Area 5.00am to 10.00pm

OFFICE USE ONLY				
	Owner	Additional	Tenant	Notes
Paper Work Complete (Y/N)				
Identification Paperwork (original and copy) provided (Y/N)				
Records updated in Protégé (Y/N)				
Records updated in Main Swipe Register (Y/N)				
Proxy Card Number:				
Proxy Issue Date:				
Second Proxy Card:				
Second Card Issue Date:				
Signature:				

GYMNASIUM INDUCTION CHECKLIST PROGRAM

Cardiovascular Equipment: Seating adjustments, Safety Clip, Television, Display function and Functional use:

- **Recumbent Bike**
- **Upright Bike**
- **Rower**
- **Treadmill**
- **Cross Trainer**

Cable Weight Equipment: Seating adjustments, Bar Adjustments, Attachment use and Functional use:

- **Assisted Dip/Chin Up**
- **Leg Press**
- **Seated Row**
- **Lat Pull Down**
- **Chest Press**
- **Bicep Curl**
- **Pectoral Fly/Rear Deltoid**
- **Pectoral Fly**
- **Leg Extension**
- **Leg Curl**
- **Cable Cross Over**
- **Smith Machine**

Free Weight Equipment: Familiarisation:

- **Kettle Bells, Dumb Bells & Bar Bells**

Other Gym Equipment Free Weight Equipment: Seating Adjustments, Familiarisation and Safety:

- **Back Extension & Benches**
- **BOSU, Rollers & Fit Balls**
- **Medicine Balls, Step & Stretch Mats**

I hereby confirm that I have been inducted in the use of the Marriott Waters Gymnasium

Name: _____

Signed: _____ Date: _____

HEALTH INVENTORY - CONFIDENTIAL

Please Circle - Yes or No

Difficulty in breathing	YES	NO
Palpitation/pounding of the breathing	YES	NO
High Blood Pressure	YES	NO
High Cholesterol	YES	NO
Rheumatic Fever	YES	NO
Any Heart/Stroke Conditions	YES	NO
Blood Clots in legs	YES	NO
Varicose Veins	YES	NO
Nervous/mental disease	YES	NO
Pneumonia	YES	NO
Stomach ulcer	YES	NO
Diabetes	YES	NO
Hernia	YES	NO
Asthma	YES	NO
Women Only - Are you pregnant or attempting to get pregnant	YES	NO
Women Only - Have you had a child within the last six months	YES	NO
Do you suffer pains in your Heart or Chest	YES	NO
Do you often feel faint or have faint spells of severe dizziness	YES	NO
Has anyone in your family ever suffered from Coronary Heart Disease and if so, was it before age 65	YES	NO
Is there a good physical reason not mentioned here why you should not follow an activity program	YES	NO
Do you take any prescribed medication	YES	NO
Have you had any major surgery or injuries in the last three years	YES	NO
Are you over 45 and unaccustomed to vigorous exercise	YES	NO
Do you smoke, If so, how many per day _____	YES	NO
Has your doctor ever told you that you have a Bone or Joint problem that might be made worse with exercise	YES	NO

Any other Comments _____

Please note: if you answered yes to any of the above, we recommend you gain medical clearance prior to beginning your exercise program.
Statement

I undertake this exercise program under my own volition. In doing so, I understand that any injuries may incur as a result will be my own responsibility and I will not hold Owners Corporation 604024U or Club Marriott Staff responsible with any claim of compensation, financial or otherwise.

Name: _____

Signed: _____ Date: _____

GYMNASIUM REGULATIONS

Members are not permitted to use the Gymnasium until they have completed an induction conducted by Club Marriott Staff.

All equipment must be used in a responsible and careful manner to ensure the equipment lasts and to prevent injury; all equipment must be placed in its correct storage area on completion of activity.

For hygiene purposes, every member must bring a towel for personal use while exercising in the Gymnasium and also wipe down equipment after use with provided spray and paper towel.

No food or alcohol may be brought into the Gymnasium.

Appropriate and clean attire must be worn at all times (including sports footwear).

Personal items (e.g. bags, keys, papers) are to be stored in the storage compartments provided.

Storage compartments are to be used only while the member is in the gymnasium.

Storage compartments are to be cleared when the Member leaves the Gymnasium.

No verbal or physical abuse will be tolerated.

No antisocial behaviour will be tolerated.

Peak times, a maximum of 20 minutes is allowed on all cardio equipment.

Gym equipment is not to be removed from the gym.

Members are to report to Club Marriott staff if they feel unwell at any stage during or after completion of exercises performed in the gymnasium.

Members must comply with all rules of use, policies and regulations relating to the gymnasium.

Access to the gymnasium may be withdrawn if Member fails to comply with the above gymnasium regulations.

Statement:

I agree to comply with the above Gymnasium Regulations:

Name: _____

Signed: _____ Date: _____

GYMNASIUM RULES OF USE

Children below the age of 16 years are not permitted in the gymnasium.

Glass objects, drinking glasses and sharp objects are not permitted in the gymnasium.

Alcohol and food are not permitted in the gymnasium.

Smoking is not permitted in the gymnasium.

All users of the gymnasium must carry a towel at all times and wipe down equipment after use.

Hours of use are between 4.00am and 11.00pm.

Suitable footwear and attire must be worn to and from the gymnasium and whilst in the gymnasium at all times.

Storage compartments are to be used only while the member is in the gymnasium; Storage compartments are to be cleared when the Member leaves the Gymnasium.

Members must be inducted into the equipment prior to the Owners Corporation granting access to the gymnasium.

All members using the gymnasium do so at their own risk.

Members are permitted to listen to music in the gymnasium with the use of headphones at a respectable volume iPod docking stations are available on cardio equipment.

Access to Club Marriott may be withdrawn if member fails to comply with the above rules of use.

Name: _____

Signed: _____ Date: _____

POOL USAGE GUIDELINES & EXPECTATIONS

Please Tick to confirm that you understand and accept the below guidelines & expectations

- Ensure you rinse off using the shower in the pool area before entering the water.
- Ensure appropriate swimming attire is worn in the water - i.e. bathers and boardshorts. If bathers are required to be covered whilst in the water, all garments must be water specific swim wear (regular clothing is not suitable).
- Ensure children are taking regular toilet breaks.
- If your child is not toilet trained, please ensure swimming nappies are worn – regular nappies are not waterproof, and therefore not acceptable (Please contact staff if you are unsure).
- If your child is unwell, please do not allow them to enter the water (Make-up classes are available for missed classes).
- Children need constant parental/guardian supervision whilst they are in the water.
- Ensure lap lanes are kept free for swimmers that are wanting to swim laps.
- The Pool Area is a shared space, please be respectful of other Bathers when using pool toys & equipment.
- Ensure all pool toys & equipment are returned to the storage box when exiting the water.
- No food is to be consumed in the pool area.
- Ensure the bathrooms are used in a respectful manner and left in a reasonable state.
- When showering, please be gentle when adjusting the shower heads and ensure water does not exceed the allocated cubicle area. Please dry off before exiting the cubicle.
- Ensure all Guests are signed in on the Guest Register at the concierge desk (MAXIMUM 2 guests per Lot).
- Report to Staff if any breaches of the above are observed by you.

Name: _____

Signed: _____ Date: _____

WET AREAS RULES OF USE

Children below the age of 16 years may use the wet areas and changing rooms only if supervised by an adult Member.

Hours of use are between 5.00am and 10.00pm.

Glass objects, drinking glasses and sharp objects are not permitted in the wet areas.

Food is not permitted in the wet areas. Alcohol is not permitted in any area.

Smoking is not permitted in the wet areas. Smoking is not permitted in any area.

Storage compartments are to be used only while the Member is using pool/wet area; Storage compartments are to be cleared when the Member leaves pool/wet area.

For the hygiene of all users of the swimming pool you must shower before using the pool

All users of the swimming pool must dry off before leaving this area.

Footwear must be worn to and from the wet areas.

All users of the wet areas must ensure appropriate attire is worn at all times (i.e. nude swimming is not permitted).

Running, ball playing, noisy or hazardous activities are not permitted in the wet areas. There is strictly NO DIVING.

All users of the wet areas do so at their own risk.

Access to Club Marriott may be withdrawn if Member fails to comply with the above rules of use.

Statement:

I agree to comply with the above Gymnasium and Wet Area Rules of Use.

Should I fail to adhere, and the guest(s) is injured or causes damage to equipment or the structure itself, I the member HEREBY RELEASE the Owners Corporation 604024U and Club Marriott Staff, AND FURTHERMORE HEREBY COVENANT the Owners Corporation 604024U and Club Marriott Staff to keep it indemnified from any damage or loss caused as a result of accessing the club.

I the member agree to replace or repair the damage caused by the guest(s) to equipment or the structure, with costs to be determined by the Owners Corporation 604024U and Club Marriott Staff. Access to Club Marriott may also be withdrawn. I the member agree to advise the Owners Corporation 604024U and Club Marriott Staff once any children within my household maintains the age of 16, who must then complete the induction process before continuing to use the club and its facilities.

Privacy Statement:

Please note that your privacy is important to us and we take the responsibility of handling your personal information very seriously. All personal details provided to Club Marriott, and all information contained in this form is strictly private and confidential. Your personal information will not be passed on to any other organisations and will only be accessible by authorised Programmed, Whittles Management and Club Marriott employees.

Name: _____

Signed: _____ Date: _____

In the presence of (witness): _____