Falcon Boat Club Gym Use and Safety Guidelines

## Overview

The Falcon Boat Club gym, located in Lower Bay 4, is a resource available to the whole club membership for the purpose of Strength and Conditioning in support of Club sports activities, currently including Rowing, Kayaking and Canoeing. The gym is not intended for members who are not engaged in these sports, and is not intended to compete with public gyms as can be found in the City.

Given this gym is not supervised during opening hours then it is necessary for club policies to be established and followed by the membership for their safety and wellbeing.

These policies fall into four categories

1. Member training and preparation for use of the gym
2. Rules for use of gym
3. Gym Maintenance Procedures
4. Emergency Action Plan

**The FBC trustees accept no liability for any injuries, damage or loss, however caused, while using the gym**.

**FBC reserves the right to suspend and/or terminate membership of the gym if these rules are not adhered to.**

**The FBC trustees' decision is final.**

## Member Training and Preparation for use of the gym

It is important to consider the possible range of modes of use of the gym, and define minimum expectations of the users physical condition as appropriate to these modes of use.

1. Single Gym User, no supervision and no peer oversight
2. Gym user within small group of collaborating peers (trained/inducted spotters)
3. Gym User within supervised session

In general the gym user is expected to be in a good physical condition with no current significant injuries, whether these be skeletal, muscular or respiratory. The onus is on the gym user to make this self-assessment and follow the guidelines presented by FBC – the user is expected to confirm their compliance by having signed the consent form.

Considering the different modes of use of the gym and the different types of equipment

|  |  |  |  |
| --- | --- | --- | --- |
| Mode of User | Free Lifting Weights1 | Free Carrying Weights2 | Machine Weights |
| Single User | Yes | No | Yes |
| User with Peer Group | Yes | Yes | Yes |
| User in Supervised Session3 | Yes | Yes | Yes |

1. Free lifting weights are those that are lifted between the floor and body and can be dropped safely

2. Free carrying weights are those are lifted with body between the weight and floor and cannot be dropped safely

3 . Subject to Supervisors guidance in the session.

Each member, before attending the gym in either case a) or b) must have attended an induction session run by an FBC approved ‘instructor’. FBC approval will be given based on the instructors relevant qualifications and experience. Currently the approved instructors are as follows :

John Hill

Jess Long

The Members Gym Consent form requires the member to ensure they attend the induction session before they use the gym.

The purpose of the induction session is to ensure the member knows how to use the gym safely under the 3 modes of use.

Induction sessions will be run on an on-demand basis, with the instructor determining when to run the session, considering the frequency of sessions and the number of attendees.

## Rules for FBC Gym Usage

# Who can use the gym

No person may use free weights until they have satisfied the authorities (i) of their technical competence to handle and lift weights; (ii) by demonstrating an appreciation of their responsibility to health and safety issues.

1. The facilities are for the exclusive use of fully paid up FBC members.
2. All users MUST complete and sign Members Gym Usage Consent Form and ensure that this is registered before using the gym for the first time, in particular that the user has successfully participated in a Gym Induction Session.
3. All under 18s must be supervised by a qualified and approved person.

# Who cannot use the gym

1. No “one off sessions” for friends/family are permitted. Failure to comply will result in the permanent loss of gym use for those concerned. The FBC Trustees could be at risk of litigation should non-members encounter problems and so any non-compliance will be taken very seriously indeed.
2. Spectators are not permitted in the gym.

# How to behave

**General principles:**

1. Everyone owes everyone else a duty of reasonable care.
2. Users must behave considerately at all times. Inconsiderate behaviour includes bad language, racist or sexist remarks, remarks of a sexual nature, excessively loud music etc.
3. Gym usage times are between 6am and 10pm.
4. Maximum of 16 persons permitted in the gym, unless in a scheduled and supervised session, in which case it is limited according to the judgement of the supervising person.
5. Use of the gym while feeling unwell because of temporary illness (such as cold or fever), or against medical advice, is not permitted.
6. All equipment must be wiped down after use.
7. All gym users must be appropriately dressed when using the gym. Shirts must be worn (e.g. a t-shirt or vest), and footwear must be clean, dry and suitable for gym use.
8. No bags are allowed in the gym. Please use the changing rooms or lockers.
9. Water, protein shakes etc are allowed in the gym, but please clean up any spillages thoroughly and take your bottles home.
10. No food is to be taken into the gym.
11. No chewing gum is allowed in the gym.
12. The front roller door must be open when the gym is in use (this is for fire regulation reasons).
13. Gym users should always endeavour to exercise with someone else., Failing this, to have notified someone present at the club of their intention to exercise in the gym and ask them to check in on them at regular intervals / before leaving the premises.

# Using the equipment

1. All equipment must be checked before use
2. Barbells must be stripped of weights and all free weights and equipment replaced after use.
3. Please place all free weights back on the dumbbell rack after use.
4. Collars must be used on all barbells and variable weight dumbbells.
5. Heavy benching and squatting\* should be done in the cage with the safety rails at an appropriate height.

\* Heavy = resistances that cannot be lifted ten times or more

1. Spotters should be fully aware of their responsibilities and focused on the lift they are spotting for
2. Dumbbells and barbells must be returned to the ground under control and not dropped.
3. Olympic lifting from the floor must be done on the rubber matting.
4. Equipment in use should be spaced adequately to allow for reasonable contingency
5. The number of athletes should be restricted to allow sufficient space to train safely
6. Loose weights to be kept where they will not create a hazard to other users
7. Do not remove or relocate any equipment from its designated space.

## Gym Maintenance Procedures

Falcon Boat Club is expected to ensure the gym is safe for use by implementing the following guidelines :

* Ensure that materials are provided so that equipment can be kept clean.
* Encourage members to keep the gym tidy.
* Ensure that the gym is not overcrowded either with equipment or people.
* Ensure that the equipment is thoroughly checked at appropriate intervals and maintained in good condition.
* Ensure members have access to a full First Aid kit and are aware of where it is kept.
* Ensure a list of current first aiders is displayed prominently in the gym.

## Emergency Action Plan

* Please contact [gym@falconboatclub.co.uk](mailto:gym@falconboatclub.co.uk) with any problems or breakages immediately. Put a “Faulty Equipment” sign on the equipment.
* The FBC trustees will make every effort to maintain the equipment in good condition and working order.
* In the event of an accident or any incident of note, the FBC accident record book must be completed.
* In case of injury please contact a first aider, contacts posted on the gym wall, and in case of critical injury or threat to life then call Emergency Services on 999, providing the following address

Falcon Boat Club, Meadow Lane, near Donnington Bridge, Oxford OX4 4BJ.

W3W is [bossy.quite.event](https://what3words.com/bossy.quite.event)