



Gym Rules

The gym is available to those who train on the water three or more times a week.

The purpose of the gym is to increase strength and develop power, increase core strength (for stability/balance) and reduce the risk of injury whilst paddling.

The gym facilities consist of weight training equipment and paddle machines.

The use and operation of the equipment can be hazardous. The hazards are present to both novice and experienced users of the equipment. Inappropriate use of the equipment can lead to serious injuries. Inappropriate can mean poor practice, misuse, lack of knowledge or over estimating individual capability.

The club has members who are experienced in the use of the equipment and programmes of training involving the equipment. All novice users are to take advice from them prior to using the equipment. For safety reasons people should use the equipment in groups of two or more. If any injury is suspected then exercise should cease and medical advice sought. Prior to first using the equipment, members should consider taking medical advice as to their capability.

1. Use of the gym will be subject to permission from the relevant Club coach.
2. No one should use the gym alone.
3. Juniors are not permitted to use the gym unless in the presence of a person approved by the committee as competent to run structured sessions.
4. During exercises when weights are above the body a 'spotter' must be in place.
5. All weights should be put away after use.
6. All benches should be wiped down after use.
7. Any faults or damage to the equipment must be reported to the Facilities Officer.
8. Only drinks in plastic water bottles are allowed in the gym.
9. No food or gum is allowed in the gym.