

Before using the gym, please confirm that you have read and understand the following safety requirements.

- I have located the duress alarm and understand it should be used if I require urgent assistance.
- I have located the first aid kit in the gym.
- I have located the defibrillator (AED) in the gym and understand it can be used in a medical emergency.
- I understand that in a life-threatening emergency I must call 000 immediately.
- I understand that Security are on site 24/7 and the Security Office is located at the bottom of A Block.
- I understand that the gym space is covered by CCTV and monitored by Security.
- I understand that this is an unsupervised gym during these hours, and I am responsible for exercising safely.
- I confirm that I will not attempt lifts that are beyond my physical capability, particularly when using free weights.
- I understand that bench press must only be performed on the designated quick-release bench press station.
- I understand that free weights should be used with caution and correct technique.
- I will re-rack weights and equipment after use to prevent trip hazards.
- I will wipe down equipment after use and keep the space clean.
- I will wear appropriate exercise clothing and enclosed footwear while using the gym.
- I will not allow another person to enter the gym using my access.
- I will report any damaged or unsafe equipment to Security immediately.
- I confirm that I have completed the PAR-Q health questionnaire honestly and will not use the gym if I feel unwell or injured.
- I understand that Southern Cross University is not responsible for injuries resulting from misuse of equipment or unsafe exercise practices.
- I confirm that I understand the emergency procedures and safety requirements of the gym.
- I confirm that I will attend a mandatory induction held each Monday from 5pm at the commencement of my membership.

### Final Acknowledgement

I confirm that I have read and understood all safety requirements and agree to use the gym responsibly.

Full name

Signature

Date