



# SHIRE OF WYNDHAM EAST KIMBERLEY

## Leisure Centre User Agreement

Surname		
First Name		
Date of Birth		
Post Address		
Phone Number		
Email		
Emergency Contact		
Emergency Contact Phone		
SWEK Employee Number (SWEK staff only)		
Are you a corporate member? (please circle)	Yes	No

Is there any other relevant information that we should be aware of?

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### Medical history

Please state any medical conditions we should be aware of asthma, anaphylaxis, diabetes etc.

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## Agreement Summary

All memberships to the Kununurra Leisure Centre are pre-paid with a one-time payment. There are no direct debit commitments, and once your membership expires you will have the option to renew.

### GOLD Memberships

Access to the gym, swimming pool, fitness classes and drop in sport sessions, squash & tennis courts (including racquet hire), outdoor courts, 24/7 gym.

	Adult	Concession	Corporate
1 Week	<input type="checkbox"/> \$40.00	<input type="checkbox"/> \$20.00	N/A
1 Month	<input type="checkbox"/> \$146.00	<input type="checkbox"/> \$60.00	N/A
3 Month	<input type="checkbox"/> \$248.00	<input type="checkbox"/> \$110.00	N/A
6 Months	<input type="checkbox"/> \$446.00	<input type="checkbox"/> \$210.00	<input type="checkbox"/> \$395.00
12 Months	<input type="checkbox"/> \$775.00	<input type="checkbox"/> \$345.00	<input type="checkbox"/> \$635.00

### Gym Only Memberships

Access to the gym only, including 24/7 access

	Adult	Concession
1 Week	<input type="checkbox"/> \$39.00	<input type="checkbox"/> \$17.00
1 Month	<input type="checkbox"/> \$144.00	<input type="checkbox"/> \$55.00
3 Months	<input type="checkbox"/> \$215.00	<input type="checkbox"/> \$105.00
6 Months	<input type="checkbox"/> \$381.00	<input type="checkbox"/> \$182.00
12 Months	<input type="checkbox"/> \$695.00	<input type="checkbox"/> \$319.00

### Squash Only Membership

Provides access to squash courts only, including racquet hire.

#### Adult / Concession

6 Months	<input type="checkbox"/> \$298.00
12 Months	<input type="checkbox"/> \$482.00

### Aquatic Only Memberships

Access to pools only (including Wyndham Memorial Swimming Pool). Not available during Aquatic Redevelopment Project.

## Leisure Centre Regulations

**Pre-Exercise Screening.** All members with access to the 24 gym must complete a Pre-Exercise Screening.

**Bring your membership card.** Members are required to present their membership card when signing in at the Reception desk each time they visit the gym. People using the gym with an expired membership will be charged a casual usage fee.

**Sign in.** All members are to use scan cards to sign in at reception. Extended gym access members are able to access through the alternative door at the front of the building.

**Bring a towel.** You are required to bring a sweat towel. Our policy is no towel no workout and please wipe down the equipment after every use.

**No children** under the age of 12 years are allowed in the gym or fitness classes. Children aged 12 –15 years are to always be supervised by a responsible adult (16 years or older) at all times, while in the Gym and Fitness classes.

**Footwear:** Enclosed shoes are to be worn at all times, clean footwear is also required.

**Looking after the gym:** Equipment must be put away after use. This means anything used weights, mats, barbells etc.

**Pool Members.** Everyday Swimming Pool rules must be adhered to. Children 5 and under must be in arms reach of supervising adult. Children under 12 must be supervised by adult at all times. Supervising adults are from 16 years and older.

**Membership suspension** is only permitted either with 1) a medical certificate or 2) out of town holidays for a period of no less than 7 days. Please see reception to suspend your membership before you leave.

**Cooling Off Period.** All membership agreements are subject to a 7-day cooling off period. During this period, members can cancel their membership and receive a 100% refund.

**No Refunds** under any circumstances after the cooling off period expires. Management reserves to right to suspend membership at any time.

**Gold Membership.** Gold Members are entitled to use the Kununurra Tennis Courts for day use only, all non- members must pay as per fees and charges. A key deposit is required and bookings are essential. Any non-compliance must result in termination of membership.

## Memberships are non-transferable.

### After-hours access

- Available for members with Gold or Gym Only memberships. Access is available to the gym 24 hours, 7 days a week (including public holidays).
- Non-members are not allowed access in un-staffed time periods
- Members are not permitted to let others without memberships into the gym
- All members must scan individually on entry to the gym
- Equipment must be put away in correct areas
- Closures for the extended access will be advertised

## Kununurra Leisure Centre Code of Conduct

The Kununurra Leisure Centre (KLC) is a multi-use recreation facility owned by the Shire of Wyndham East Kimberley (SWEK). KLC provides a variety of services, programs, and events that are conducted to benefit all members, guest of KLC and the local community.

In addition, the following Code of Conduct sets forth expectations for all members and guests who use the facility for any purpose.

### Participants and visitors must adhere to the following:

1. Act with courtesy and professionalism at all times.
2. Comply with requests and direction from KLC staff, instructors, and facilitators who are acting in the performance of their duties
3. Comply with any rules and guidance set forth for the particular program, event or class.
4. Wear proper fitness attire; clean clothing and shoes (clothing that has not been worn with dirt, grease or chemicals) are required at all times on the dry side of the centre (unless specified by KLC Management).

### Participants and visitors must refrain from:

1. Aggressive behaviour in any form, including physical abuse, verbal abuse, threats, intimidation, harassment.
2. Rude or argumentative behaviour towards staff, instructors or any other participants or visitors of KLC
3. Disrupting or obstructing any program, event or class.
4. Obscene or indecent conduct or expression, including profanity, or offensive remarks.
5. Any action, which constitutes an attempt to inflict, or the actual infliction of, or injury to other participants and/or staff.
6. Wilful damage or destruction to SWEK facilities or property.
7. Forgery or sharing membership cards for access to the facility or access to programs, services or classes.
8. Unauthorized entry to areas such as - staff offices or staff workspaces, gender opposite toilets, maintenance equipment or storage rooms.
9. Unauthorized use of facility computers or unauthorized adjusting of audio-visual equipment.
10. Photography and videotaping of participants or visitors without prior approval of participants being photographed or taped and without prior approval from an authorized staff member.
11. Unauthorized commercial activity – no person is allowed to post, advertise, instruct in private lessons or solicit individuals in the facility for personal services or for personal businesses that is not directly affiliated and approved through KLC management.

All participants and visitors are required to report any violation of this Code of Conduct to any KLC staff member immediately.

## Enforcement

All staff of KLC whose authority shall prevail in the immediate situation will enforce the above Code of Conduct.

If a violation occurs, the following actions may be taken for violations of the Code of Conduct:

Violations of the code that do not constitute an immediate and apparent threat to the safety of others or their property will result in all or some of the following actions, including, but not limited to:

- Verbal warning
- A suspension of certain and/or all privileges for a specified period of time
- A permanent suspension

Violations of the code that are deemed to constitute an immediate or implied threat to the safety of others, or their property and/or the safety of the facility or facility property may result in the following actions, including, but not limited to:

- A one to six-month suspension
- A six to twelve-month suspension
- A permanent suspension

KLC management ultimately determine the outcome for failure to comply with the Code of Conduct. No refunds will be given for loss of privileges due to a final determination that a violation of the Code of Conduct occurred.

By signing this, you agree to the above and will abide by them at all times.

**Release from liability/indemnity:** I hereby declare that the above particulars are true and correct. I acknowledge and agree that during all times as I am on the premises of the Leisure Centre or it's surrounds that both my property and my person shall be at my own risk in every aspect and hereby disclaim and release the Kununurra Leisure Centre and every occupier, and from all liability of any kind which may arise in respect to accidents or damage to the property or injury to any person on the Centre's premises or surrounds. If in any case I require an ambulance, I authorise for the staff at the Leisure Centre to call one and I will pay for any costs that are incurred.

I warrant that I am in a good state of health, fitness and physical condition and that there is no medical reason what so ever that could be regarded as a restriction or impediment to my application for membership. In the event that any infant or minor person under my control shall accompany me to the Kununurra Leisure Centre or it's surrounds and that person suffers any personal injury or loss of property, that I shall indemnify the Kununurra Leisure Centre against all and any claims, demands and actions made by or on behalf of the said infant/minor person in respect to any injury or loss

.....  
Signature

Date     /     /

.....  
Parent/Guardian Signature (under 18 years old)

Date     /     /

# ADULT PRE-EXERCISE SCREENING SYSTEM (APSS)



This screening tool is part of the Adult Pre-Exercise Screening System (APSS) that also includes guidelines (see User Guide) on how to use the information collected and to address the aims of each stage. No warranty of safety should result from its use. The screening system in no way guarantees against injury or death. No responsibility or liability whatsoever can be accepted by Exercise & Sport Science Australia, Fitness Australia, Sports Medicine Australia or Exercise is Medicine for any loss, damage, or injury that may arise from any person acting on any statement or information contained in this system.

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Male: ☐ Female: ☐ Other: ☐

## STAGE 1 (COMPULSORY)



**AIM:** To identify individuals with known disease, and/or signs or symptoms of disease, who may be at a higher risk of an adverse event due to exercise. An adverse event refers to an unexpected event that occurs as a consequence of an exercise session, resulting in ill health, physical harm or death to an individual.

This stage may be self-administered and self-evaluated by the client. Please complete the questions below and refer to the figures on page 2. Should you have any questions about the screening form please contact your exercise professional for clarification.

Please tick your response

	YES	NO
1. Has your medical practitioner ever told you that you have a heart condition or have you ever suffered a stroke?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you ever experience unexplained pains or discomfort in your chest at rest or during physical activity/exercise?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you ever feel faint, dizzy or lose balance during physical activity/exercise?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months?	<input type="checkbox"/>	<input type="checkbox"/>
5. If you have diabetes (type 1 or 2) have you had trouble controlling your blood sugar (glucose) in the last 3 months?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you have any other conditions that may require special consideration for you to exercise?	<input type="checkbox"/>	<input type="checkbox"/>

**IF YOU ANSWERED 'YES'** to any of the 6 questions, please seek guidance from an appropriate allied health professional or medical practitioner prior to undertaking exercise.

**IF YOU ANSWERED 'NO'** to all of the 6 questions, please proceed to question 7 and calculate your typical weighted physical activity/exercise per week.

7. Describe your current physical activity/exercise levels in a typical week by stating the frequency and duration at the different intensities. For intensity guidelines consult figure 2.

Intensity	Light	Moderate	Vigorous/High
<b>Frequency</b> (number of sessions per week)	_____	_____	_____
<b>Duration</b> (total minutes per week)	_____	_____	_____

### Weighted physical activity/exercise per week

Total minutes = (minutes of light + moderate) +  
(2 x minutes of vigorous/high)

**TOTAL = \_\_\_\_\_ minutes per week**

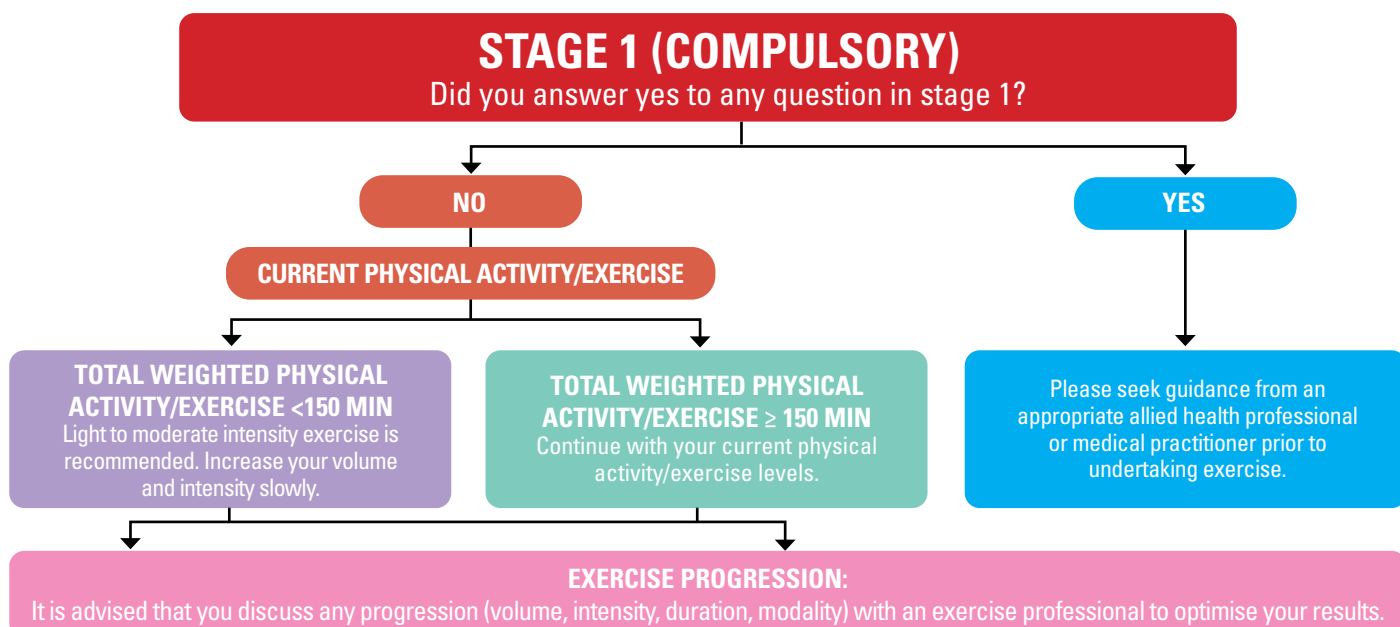
- If your total is less than 150 minutes per week then light to moderate intensity exercise is recommended. Increase your volume and intensity slowly.
- If your total is more than or equal to 150 minutes per week then continue with your current physical activity/exercise intensity levels.
- It is advised that you discuss any progression (volume, intensity, duration, modality) with an exercise professional to optimise your results.

I believe that to the best of my knowledge, all of the information I have supplied within this screening tool is correct.

Client signature: \_\_\_\_\_ Date: \_\_\_\_\_



**FIGURE 1: Stage 1 Screening Steps**



**FIGURE 2: Exercise Intensity Guidelines**

INTENSITY CATEGORY	HEART RATE MEASURES	PERCEIVED EXERTION MEASURES	DESCRIPTIVE MEASURES
<b>LIGHT</b>	40 to <55% HRmax*	<b>VERY LIGHT TO LIGHT RPE# 1-2</b>	<ul style="list-style-type: none"> <li>An aerobic activity that does not cause a noticeable change in breathing rate</li> <li>An intensity that can be sustained for at least 60 minutes</li> </ul>
<b>MODERATE</b>	55 to <70% HRmax*	<b>MODERATE TO SOMEWHAT HARD RPE# 3-4</b>	<ul style="list-style-type: none"> <li>An aerobic activity that is able to be conducted whilst maintaining a conversation uninterrupted</li> <li>An intensity that may last between 30 and 60 minutes</li> </ul>
<b>VIGOROUS</b>	70 to <90% HRmax*	<b>HARD RPE# 5-6</b>	<ul style="list-style-type: none"> <li>An aerobic activity in which a conversation generally cannot be maintained uninterrupted</li> <li>An intensity that may last up to 30 minutes</li> </ul>
<b>HIGH</b>	≥ 90% HRmax*	<b>VERY HARD RPE# 7</b>	<ul style="list-style-type: none"> <li>An aerobic activity in which it is difficult to talk at all</li> <li>An intensity that generally cannot be sustained for longer than about 10 minutes</li> </ul>

\* HRmax = estimated heart rate maximum. Calculated by subtracting age in years from 220 (e.g. for a 50 year old person = 220 - 50 = 170 beats per minute).

# = Borg's Rating of Perceived Exertion (RPE) scale, category scale 0-10.

Modified from Norton K, L. Norton & D. Sadgrove. (2010). Position statement on physical activity and exercise intensity terminology. J Sci Med Sport 13, 496-502.