

GRASSHOPPERS

Rugby • Netball • Social

GYM RULES & USAGE POLICY

Author: Juan Murray

Level 3 Qualified Gym Instructor & PT, REPS

Updated June 2019

Ratified by: The Executive Committee

June 2019

See website for more details

www.grasshoppersrfc.com

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GRASSHOPPERS GYM RULES & USAGE POLICY

What is in the gym?

The gym consists of the following machines and equipment:

Cardio Machines

- Treadmill (C400 Heavy Duty)
- Spin bike (M Sport Indoor Cycle)
- Rowing Machine (A1 Water Rower)

The condition of the cardio equipment is excellent (brand new as of August 2018.)

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Resistance Machines & Equipment

- Smith Machine (New)
- Bench Press station
- Squat Rack
- Leg Ext/Curl machine (New)
- Functional Training Centre (New)
- Pro Dumbbell set with racks (2.5kg-50kg pairs) New
- Fixed Barbell set of 3
- Abdominal board/bench (New)
- 1 x Dip Bar with Rings
- 3 x Benches (Flat to Incline) 2 New
- 2 x standard 1" Bars
- Various Standard 1" Weight plates
- 4 x Olympic Bars (1 New)
- 1 x Trap Bar (New)
- 1 x T Bar Row platform
- Various Olympic Weight plates (some new)
- 2 Standard 1" EZ Curl Bars

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- 1 Olympic EZ Curl Bar (New)
- 1 Olympic Tricep Bar (New)
- 1 x 6,8,10kg Kettle Bells
- 1 pair Dumbbell handles with screw collars

Some of the resistance training machines/equipment is 'old' but in usable condition.

Some of the free weight bars and plates are 'old' but in usable condition.

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Accessories, light Resistance, Body Weight, Cardio & Stretch equipment

- Standard and Olympic spring collars (various)
- 3 x Speed (skipping ropes) new
- Resistance Bands (light, medium, strong, extra strong) new
- 4 Wobble Boards (1 new)
- 2 x Swiss Ball (new)
- 4 x Studio Mats (new)
- 2 x Studio Mats (old)
- Foam Roller x 2
- Core press-up handles (2kg)
- Exercise wheel (Roll Out)
- TRX Suspension Training kit with ceiling Anchor point
- 2 Pair Boxing Mitts with Pads
- Harness
- Various handle accessories for Functional Training Centre, T Bar station etc.

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Who can use the Gym?

The gym is available for use by all Adult Members (**18 years of age and above**) of Grasshoppers (Syon Lane). This includes:

- All fully 'paid up' Grasshoppers Senior Rugby Club Players/Members,
- All fully 'paid up' Grasshoppers Senior Netball Players/Members,
- Grasshoppers Club Officials, Committee Members VPs & Life Members
- Grasshoppers Club Staff
- Grasshopper Club Coaches & Sport Rehabilitation and physio staff
- Freelance Personal Trainers officially '**authorized**' by the Club
- Invited guests/family members of any of the above subject to '**authorization**' by 'The Club' (in most cases this will be at the discretion of either the Chairman, Director of Internal Affairs, Director of Rugby or the Club General Manager).

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Induction / Orientation for First-Time Users

Whilst not a 'legal requirement', we at Grasshoppers strongly advise that NEW & INEXPERIENCED '**First-Time users**' of the gym receive an induction or orientation session from a qualified S&C Coach or Resistance Training/ Gym instructor or Personal Trainer, particularly in the case of 'first time' and inexperienced users.

No '**new**' gym user shall be allowed to use the Grasshoppers Gym without having firstly read the 'Grasshoppers Gym Rules Use & Usage Policy' and received an initial induction session and having signed the Gym Induction Form as proof of having done so (see Appendix C to this document)

In the case of 'experienced' gym users, they will not be allowed to use the Grasshoppers gym without having read the 'Grasshoppers Gym Rules Use & Usage Policy' and having signed the Grasshoppers Gym Induction Waiver form. (See Appendix B to this document).

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The emphasis of the Grasshoppers Induction Session is focused on User Safety in the Gym environment, how the Gym equipment works and gym usage protocols.

This can be arranged upon request to the Director of Rugby, Club General Manager, Rugby Coaching staff or any Executive Committee member. The request will then be referred to an appropriate qualified Coach/Instructor.

In addition, upon request, gym-based resistance training 'work-out' programs can be designed by appropriately qualified S&C Coaches or PTs for individuals in line with their sport, health and fitness aspirations.

GYM USAGE DISCLAIMER

Whilst Grasshoppers advise that First-Time users attend a Gym 'Orientation' Session,

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“Use of the Grasshoppers Gym facility remains strictly at the ‘users’ own risk (irrespective of whether the ‘user’ has received an orientation/induction session or not).

The Club Owner, Club Facility Manager, Executive Committee, Directors, Club Officers, Club Employees, Club Volunteers, Agents and Representatives DO NOT accept any liability whatsoever for any injury or death of any person or the loss or destruction of or damage to any property arising from the use of the gym facilities, regardless of the cause thereof”.

The Gym equipment has been designed for reasonable Adult use only. Improper or unauthorized use of the gym equipment may result in serious harm.

Children (u18 years) are not allowed in the workout areas unless accompanied by a ‘qualified’ adult (A Qualified Adult this is defined further in the section “Grasshoppers Policy on Children, Exercise and Resistance/Weight Training” to this policy.

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Only water and/or Isotonic Hydration drinks in bottles are allowed in the workout areas. No food is permitted.” A water station is located within the gym for the filling of water bottles. Plastic cups can be used but will not necessarily be provided as part of the gym offering. Plastic cups may be available at the Club bar area upon request, but not guaranteed. Any plastic cups or hydration drink bottles used must be disposed of outside of the gym or placed in the bin provided.

How much will it cost me to use the gym?

At present, there is no cost. Use of the gym is free of charge to everyone authorized to use it (i.e. see above “who can use the gym”).

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When can I use the gym?

The gym is open and available for use during the following times:

Mon to Friday	9.00am - 10.00pm
Saturday	9.00am - 10.00pm
Sunday	9.00am – 6.00pm

Christmas, Easter and Bank Holiday closures or opening times will be advised in advance.

Only gym users who have had an induction session or can verify that they have the knowledge and experience of having used resistance and cardio training equipment in a gym environment will be permitted to use it.

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Gym Access

Access to the gym area will require a key which **must be signed IN & OUT for.**

The gym must be left tidy, with all weights and equipment put away in the right places and the gym entry door locked. An Ultimate Ears Mega Boom Bluetooth speaker (compatible with most mobile phones) may also be signed out and returned if music is required.

The person who signed out the Gym key (and speaker) will be held wholly responsible for that key and the speaker and must ensure their return to the bar and signed back in. Users of the Gym **MUST** sign in at the bar, even if the gym is open and being used by the person who originally signed out the key.

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Gym etiquette

The gym is for the enjoyment of all who use it irrespective of whether it is recreational for keeping fit, part of rehabilitation from injury programs or as an integral part of a training program for the furtherance of individual sport and athletic performance.

As such the gym should be kept clean and tidy at all times by all. Rugby boots and /or muddy footwear is not allowed. It is not allowed to train in bare feet or with socks as this is a safety hazard when working with weights. People are asked to train or enter the gym with appropriate footwear only (trainers or weightlifting footwear).

Ensure that all litter or drinking bottles or cartons etc. are removed from the gym or disposed of in the bin provided. Gym users are responsible for their personal possessions whilst using the gym facility.

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PERSONAL BELONGINGS DISCLAIMER

“Grasshoppers will not accept any responsibility for the loss, theft or damage to any personal possessions left unattended within the gym, changing or shower areas as well as the premises as a whole.”

Gym Safety & Usage Rules

There is a risk of injury when using (or misusing) weight training equipment. The following points should be noted:

Before participating in any ‘exercise program’ it is highly recommended that all users have a thorough physical examination from a GP, medical practitioner and/or qualified physiotherapist/Sport Rehabilitation Professional are deemed medically/physically fit to engage in gym-based cardio and/or resistance training physical exercise.

Any person with a history of heart disease, hypertension, diabetes or any degenerative joint or muscular disease should first obtain permission from their doctor.

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(Gym Usage Disclaimer applies).

If you are unclear about how a piece of equipment works, or how to train / lift correctly, consult a qualified gym instructor or coach.

Inspect equipment before each use for loose, worn or frayed parts. On pulley/cable equipment, check that cables are not frayed or kinked and that pulleys rotate freely.

If any equipment looks damaged or unsafe please report to the Clubhouse Manager or a Club Officer/Committee member or any of the Bar staff.

Please wipe down all machines after use particularly where you have been in contact with the machine and sweated profusely. It is courteous and hygienically best practice for the next person using the equipment.

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Health and safety principles for which we are all responsible applies equally to the gym environment. Please return equipment to the correct storage areas or positions. Do not leave equipment such as weight plates and bars lying around as potential trip hazards.

DO NOT STACK WEIGHT PLATES AGAINST WALLS

General Do's and Dont's - Before Training

Do not eat a large meal or drink alcohol for at least 2 hours before exercise.

Always ensure that your clothing and footwear are suitable and properly fitting.

NEVER TRAIN IN BARE FEET, SOCKS ALONE OR FLIP FLOPS/SLIDERS.

If you are an inexperienced user, avoid training alone. Try to ensure there is an instructor or partner present in the room.

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Especially for heavy loads or near maximal lifting using free weights (around 1-3 Rep Max) please ensure that you have a training partner who is suitably able to 'spot' for you, otherwise use the resistance machines (i.e. use the Smith Machine for Squat or Bench Press).

Always warm up prior to exercise and cool down afterwards. Always warm up and stretch before exercise particularly before weight training. Gentle cardio work with a bike and stretching is excellent before starting on a weight training session or heavy lifting.

Do not continue training if you feel dizzy or unwell. Remember to breathe properly during exercise particularly when lifting weights.

Always lift and lower weights under control. Do not drop weights. This applies to both work-stations and free weights - but particularly free weights where serious injury may result from lack of control, balance and form.

Work with weight you can manage/handle. If in doubt, seek advice from a qualified instructor. Do not tolerate horse-play around machinery and equipment.

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Grasshoppers Policy on Children, Exercise and Resistance/Weight Training

No child below the age of 13 years is allowed to undertake any form of strength or cardio training within the Grasshoppers Gym using the equipment therein.

Children/Adolescents aged between 13 to 17 are only permitted to undertake strength training under the following strict conditions outlined in the **Summary Table for Users and Parents** below.

The parental desire for the child to undertake strength training must first be discussed with a qualified weight training or S&C instructor/coach.

The child only undertakes strength training under the direction and presence of a qualified weight training instructor within a properly developed strength training programme.

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The instructor must also have undertaken an approved Child Protection training/awareness course and have been DBS checked/approved.

The instructor / S&C should never be alone with the child in the gym.

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Summary Table for Users and Parents

Weight Training - Machine Weights & Functional Centre

N/A = Not allowed in Gym

	Must have Induction Session & training Basics	Train with a Partner	Train with an Appropriate Adult present	Must Have A Qualified Instructor \ S&C Coach present	Can train on their own
Adult 18 yrs plus - experienced	Induction Only	Optional	-	No	Yes
Adult 18yrs plus - 1 st time / novice	Yes	Optional	-	Advised	Yes
Boys 13 -17 yrs	Yes	Optional	Yes	Yes *	No
Girls 13 - 17 yrs	Yes	Optional	Yes	Yes *	No
Boys 6-12 yrs	N/A	N/A	N/A	N/A	N/A
Girls 6-12 yrs	N/A	N/A	N/A	N/A	N/A
Kids 0-5 yrs	N/A	N/A	N/A	N/A	N/A

* must have a professionally developed and monitored strength & conditioning training programme.

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Weight Training - Free Weights

N/A = Not allowed in Gym

	Must have Induction Session & training Basics	Train with a Partner	Train with an Appropriate Adult present	Must Have A Qualified Instructor \ S&C Coach present	Can train on their own
Adult 18 yrs plus - experienced	Induction Only	YES – If Lifting Heavy	-	No	Yes
Adult 18yrs plus - 1 st time / novice	Yes	Optional	-	Advised	Yes
Boys 13 -17 yrs	Yes	Optional	Yes	Yes *	No
Girls 13 - 17 yrs	Yes	Optional	Yes	Yes *	No
Boys 6-12 yrs	N/A	N/A	N/A	N/A	N/A
Girls 6-12 yrs	N/A	N/A	N/A	N/A	N/A
Kids 0-5 yrs	N/A	N/A	N/A	N/A	N/A

* must have a professionally developed and monitored strength & conditioning training programme.

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Cardio workout - Bike, rower, treadmill

N/A = Not allowed in Gym

	Must have Induction Session & training Basics	Train with a Partner	Train with an Appropriate Adult present	Must Have A Qualified Instructor \ S&C Coach present	Can train on their own
Adult 18 yrs plus - experienced	Induction Only	Optional	-	No	Yes
Adult 18yrs plus - 1 st time / novice	Yes	Optional	-	No	Yes
Boys 13 -17 yrs	Yes	Optional	Yes	Yes	No
Girls 13 - 17 yrs	Yes	Optional	Yes	Yes	No
Boys 6-12 yrs	N/A	N/A	N/A	N/A	N/A
Girls 6-12 yrs	N/A	N/A	N/A	N/A	N/A
Kids 0-5 yrs	N/A	N/A	N/A	N/A	N/A

* must have a professionally developed and monitored strength & conditioning training programme.

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Stretch, Body Weight (TRX) & Core Exercises

N/A = Not allowed in Gym

	Induction Session / Training Basics	Train with a Partner	Train with an appropriate Adult present	Must Have A Qualified Instructor \ S&C Coach	Can train on their own
Adult 18 yrs plus - experienced	Induction Only	Optional	-	No	Yes
Adult 18yrs plus - 1 st time / novice	Yes	Optional	-	No	Yes
Boys 13 -17 yrs	Yes	Optional	Yes	Yes *	No
Girls 13 - 17 yrs	Yes	Optional	Yes	Yes *	No
Boys 6-12 yrs	N/A	N/A	N/A	N/A	N/A
Girls 6-12 yrs	N/A	N/A	N/A	N/A	N/A
Kids 0-5 yrs	N/A	N/A	N/A	N/A	N/A

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Appendix A

A General Guide for Parents Children, Exercise and Strength Training

Children: Boys up to 13 years old Girls up to 11 years old
Adolescents: Boys 14-17 years old Girls 12-17 years old

Strength training can be a fun way for your child to build healthy muscles, joints and bones. With a properly designed and supervised programme, your child can improve his or her endurance, total fitness level, and sports performance. Strength training can even help prevent injuries and speed up recovery.

Strength training is the practice of using weights machines, free weights, and rubber resistance bands to build muscles. With resistance the muscles have to work extra hard to move. When muscles work extra hard, they grow stronger and more efficient.

Strength training can also help fortify the ligaments and tendons that support the muscles and bones and improve bone density, which is the amount of calcium and minerals in the bone. Also, the benefits may go beyond physical health. Young athletes may feel better about themselves as they get stronger.

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IMPORTANT

The goal of strength training is not to bulk up. It should not be confused with **weight lifting**, **body building**, and **power lifting**, which are **not recommended** for kids and teens. In these sports, people train with very heavy weights and participate in modelling and lifting competitions. Kids and teens who do these sports can risk injuring their growing bones, muscles and joints.

Age guidelines on Strength Training for children

Chronological age should not solely be used as the bases for a strength training programme. Instead, the child's biological age or 'physical maturation level' as children mature at different rates. 'Maturation' includes emotional as well as physical growth i.e. maturity to accept instruction and follow a programme.

Generally, the ages of 11 to 13 years for girls and 13 to 15 years for boys are considered the optimum ages to begin formal strength training with regularly scheduled workouts and the use of external resistance (i.e. weights). Coaches and parents can rely on common sense and observation to determine when a child athlete reaches puberty.

However, if your child is ready to participate in organised sports or activities such as rugby/mini/junior rugby or football - it is usually **safe to start strength training**. Kids, as young as **6 years old**, can usually do strength training activities (such as **push-ups and sit-ups**) as long as they can **perform the exercises safely and follow instructions!**

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It is a good idea for younger kids to stay away from heavier weights. Instead they should lift small amount of weight with a high number of repetitions. Generally, as kids get older and stronger, they can gradually increase the amount of resistance they use. A qualified instructor can help your child determine what the appropriate weight may be.

A qualified instructor or coach experienced in working with kids should design a programme for your child concentrating on proper techniques, safety precautions and how to properly use the equipment which in turn can lead to child building a better sense of balance, control, and awareness of their bodies.

Strength Training Safety for children

As with any sport, it's a good idea to have your child visit a doctor before beginning a strength training regimen. If the doctor signs off on the idea, you will need to make sure that your child will be:

1. **properly supervised**
2. **using safe equipment**
3. **using the equipment safely**
4. **following an age-appropriate routine**

Muscle strains are the most common injury and the lower back the most commonly injured area. These injuries usually happen because the child has not used the proper lifting technique or is trying to lift too much weight, thus losing technique.

As long as you have a good strength coach showing children/parents what to do, the chance of injury is very small.

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Strength training for children (and adults for that matter) should/must not involve the use of drugs and in particular, anabolic steroids. Apart from some/all of these drugs being illegal, they can pose severe risks to physical and psychological health.

A Healthy Routine for children

In general, kids and teens should tone their muscles using a low amount of weight and a high number of repetitions, instead of trying to lift a heavy load one or two times. The amount of weight will depend on your child's current size and strength level. But in general, your child should be able to lift a weight with proper technique at least 10 to 12 times. If he or she can't lift the weight at least 10 times, it's likely that the weight is too heavy for your child.

Kids shouldn't even consider concentrating on adding muscle bulk until after they have passed through puberty. Even then, it's important to focus on technique so that they can strengthen their muscles safely.

The focus of each training session should be on proper form and technique, and if free weights are used, there should be an adult around to 'spot' your child.

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The following (child) guidelines should be used for strength-training programs:

1. An instructor-to-child ratio of at least 1 to 10 is recommended.
2. The instructor should have experience with children and strength training.
3. When teaching a new exercise, the trainer should have the child perform the exercise under his or her supervision in a hazard-free, well-lit, and adequately ventilated environment.
4. Calisthenics* and stretching exercises should be performed before and after strength training.
5. Children should begin with one set of 10 to 15 repetitions of six to eight exercises that focus on the major muscle groups of the upper and lower body.
6. Children should start with a relatively light weight and a high number of repetitions and increase the load and decrease the repetitions as strength improves. Progression can also be achieved by increasing the number of sets (up to three) or types of exercises.
7. Two to three training sessions per week on non-consecutive days is sufficient.

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Note:

- It's important to remember that strength training should be one part of a total fitness programme including endurance, flexibility and agility exercises.
- It can play a vital role in keeping your child healthy and fit, along with aerobic exercise such as biking and running related sport or games such as rugby or football, which keeps the heart and lungs in shape.

*Calisthenics or callisthenics are exercises consisting of a variety of gross motor movements—running, standing, grasping, pushing, etc. — often performed rhythmically and with minimal equipment, so essentially, bodyweight exercises.

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Appendix B



Grasshoppers Gym Induction Waiver Form for Experienced Gym Users *

I _____, (Please print full name)

have read and understand the 'Grasshoppers Gym Rules Use & Usage Policy'.

I am an "experienced" gym user and I understand and am aware that strength, flexibility, and aerobic exercises, including the use of the Grasshoppers Gym equipment, are potentially hazardous activities. I also understand, and am aware that fitness activities involve a risk of injury, including a remote risk of death or serious disability, and that I am voluntarily participating in these activities and using equipment and machinery with the full knowledge, understanding, and appreciation of the dangers involved.

I hereby agree to expressly assume and accept any and all risks of injury or death. In consideration of being allowed to participate in the personal fitness training activities and programs Grasshoppers and to the use of its facilities, equipment, and services in addition to the payment of any fee or charge,

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I do hereby forever waive, release, and discharge Grasshoppers Syon Lane and their officers, agents, employees, representatives, executors, and all others acting on their behalf from any and all claims or liabilities for injuries or damages to my person and/or property, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf.

I also understand that any personal belongings that I leave in the gym area or in the changing rooms is at my own risk, and no liability will be placed on Grasshoppers Syon Lane and their officers, agents, employees, representatives, executors, and all others acting on their behalf if any of these belongings are damaged or lost.

Signature: _____ Date: _____

Club Membership No: _____ (where applicable)

* You are an experienced Gym user if:

- You have had previous induction and membership at another gym and have used that gym regularly, using cardio equipment, resistance/strength machines, free weights, body weight and flexibility equipment for more than 3 consecutive months.
- You generally understand and can demonstrate how the equipment works and how it should be used safely and display positive gym etiquette behaviours.

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Appendix C



Grasshoppers Gym Induction Form
for
First Time Users

I _____, (Please print full name)

have read and understand the 'Grasshoppers Gym Rules Use & Usage Policy'.

I am new and "inexperienced" first time gym user and **I have been informed**, understand, and am aware that strength, flexibility, and aerobic exercises, including the use of the Grasshoppers Gym equipment, are potentially hazardous activities. **I have been informed**, understand, and am aware that fitness activities involve a risk of injury, including a remote risk of death or serious disability, and that I am voluntarily participating in these activities and using equipment and machinery with the full knowledge, understanding, and appreciation of the dangers involved.

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I have been shown by an appropriately qualified practitioner how following checklist of equipment and machines work (set-up and adjust) and how to use them safely and where and how to store the equipment:

Cardio Equipment

(Please tick if covered)

- Tread mill
- Water Rower
- Spin bike

Resistance Machines

- Functional centre
- Smith Machine
- Leg Press/curl

Body weight equipment

- TRX
- Dip Bar
- Sit up bench

Free weights, bars & benches

- Squat Rack
- Bench Press
- Dumbbells

See website for more details

www.grasshoppersrfc.com

Grasshoppers, Syon Lane,
London TW7 5PN. Tel: 020 8568 0010

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Stretch & Flexibility area and equipment

- Wobble Boards
- Swiss Balls
- Skipping ropes & resistance bands
- Abdominal Roll-out

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I hereby agree to expressly assume and accept any and all risks of injury or death. In consideration of being allowed to participate in the personal fitness training activities and programs Grasshoppers and to the use of its facilities, equipment, and services in addition to the payment of any fee or charge, I do hereby forever waive, release, and discharge Grasshoppers Syon Lane and their officers, agents, employees, representatives, executors, and all others acting on their behalf from any and all claims or liabilities for injuries or damages to my person and/or property, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf.

I also understand that any personal belongings that I leave in the gym area or in the changing rooms is at my own risk, and no liability will be placed on Grasshoppers Syon Lane and their officers, agents, employees, representatives, executors, and all others acting on their behalf if any of these belongings are damaged or lost.

Signature: _____ Date: _____

Club Membership No: _____ (where applicable)

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* You are an inexperienced Gym user if:

- You have not had previous induction and membership at another gym and have not used any gym regularly, using cardio equipment, resistance machines, free weights and body weight equipment for more than 3 consecutive months.
- You generally do not understand and are unable to demonstrate how the equipment works and how it should be used safely and are unable to display positive gym etiquette behaviours.

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