

PLC Lighthouse Fitness Centre Policy – STUDENT USE

Student Usage Terms

- The PLC Lighthouse Fitness Centre is open to students Monday to Friday 6.00 am to 7.00 pm only.
- Students using the facility must have undergone an induction process with a member of the PE Department or designated Lighthouse staff member.
- Students must follow all guidelines with regards to safety and hygiene.
- For safety reasons, Junior School and students in Years 7 – 9 are not permitted to utilise the Fitness Centre equipment during recess or breaks between classes unless supervised by a member of the PE Department or a suitably qualified adult.
- Access to the Cardio and Movement Rooms outside of PE class time is restricted to students in Years 10-12 who have completed the induction process.
- Students may only use the Circuit Room under the supervision of a member of the PE Department or a suitably qualified adult as part of a structured class, at all times.
- Any injury must be reported immediately to the Lighthouse Receptionist or supervising staff member.
- All equipment malfunctions or damage must be reported immediately to the Lighthouse Receptionist or supervising staff member.
- Access into the Fitness Centre does not give students access to the other facilities within the Lighthouse building (Recharge Room, Meditation Room, Food and Nutrition Room, Art Therapy Room).
- Students must remember to tag in and out with their student card on the designated student iPad located at reception when using the Lighthouse Fitness Centre outside of scheduled lessons.

Induction Process

Any member of the PE Department (during PE classes) or designated Lighthouse staff member can conduct the induction process for the PLC Lighthouse Fitness Centre.

The Induction process will include:

- Orientation of the Fitness Centre and emergency procedures.
- Information on the safe use of the equipment.
- Instructions on hygiene and cleaning.
- Complete and return the Fitness Centre Induction Checklist. It must be signed by the student, parent/guardian and the PE teacher/designated Lighthouse staff member who conducted the induction.

Failure to Comply

Failure to comply with Fitness Centre procedures and policy could result in the restriction of Fitness Centre access.

PLC Lighthouse Fitness Centre Induction Checklist

- I have read the PLC Lighthouse Fitness Centre policy – Student Use (see attached).
- I have completed an induction on the equipment and understand how to operate it safely and respectfully.
- I understand that I may only use the Circuit Room under the supervision of a member of the PE Department or a suitably qualified adult as part of a structured class.
- I understand that I should not exercise alone, or exercise beyond my current capabilities (e.g. lift heavy weights or set treadmill speed too fast).
- I agree to report any injury or equipment malfunctions immediately to the Lighthouse Receptionist or supervising staff member.
- I have disclosed to the School (Health Centre) any medical conditions that may impact on my personal or others safety whilst using the Fitness Centre.
- I agree to wear the correct PE uniform and footwear whilst training in the Fitness Centre during School hours.
- I agree to wear appropriate personal exercise clothing and footwear when using the Fitness Centre out of School hours.
- I agree to bring a towel to place over mats, seats or benches and wipe down the upholstery with paper towels and sterilizer provided to help maintain a hygienic environment for all Fitness Centre users.
- I understand I am responsible for the security of my personal belongings and agree to using the pin-coded lockers provided in a responsible manner.
- I agree to tag in and out with my student card at the Lighthouse reception outside of school hours or scheduled PE lessons.
- When using the Fitness Centre, I agree to:
 - Be considerate of other users, especially at busy times or when structured classes or PE lessons are being conducted.
 - Always return equipment after use.
 - Not leave bags or personal items in the Fitness Centre Area.
 - Not bring food or drink in the Fitness Centre, except water in appropriate plastic containers, preferably water bottles.

Student

FULL NAME
SIGNATURE
DATE

Parent / Guardian

FULL NAME
SIGNATURE
DATE

Induction Staff Member

FULL NAME
SIGNATURE
DATE