

Cuala Gym Policy

General

Cuala GAA established a new squad sized gym in July 2023 for the benefit of club members and primarily to facilitate S&C programs for all adult playing members, supervised S&C programs for Minor Level players and inductions for Cuala coaches or other volunteers. Our senior players and strength and conditioning coaches had a big input into the design and development.

There are strict access/usage rules for the gym and in order to adhere to insurance guidelines all members/players must sign a Usage Liability Waiver.

All Members must undertake the **Gym Induction Course**, submit a **Cuala GAA Gym Health Screening Form** and sign the **Usage Liability Waiver** form. Members are not permitted to use the gym if they have not fulfilled these requirements.

The rules set out in the **Rules & Regulations for Use of Cuala Gym** (below) must be adhered to so that our club is in compliance with GAA Policy, and ,that the Officers of the club are protected in the event of accident or injury

Teams will be allocated pre-arranged and agreed time slots for S&C sessions which will be booked by the gym administrator - these will be clearly indicated on the online booking system. Remaining gym availability times can be booked by Members using the online booking system. Each gym member will be provided with a members login on receipt of both forms & completion of Induction where relevant.

The gym will be managed on behalf of Coiste by the Cuala Gym administrator with support from other Cuala staff or volunteers as required.

An Coiste, Cuala reserves the right to implement/ amend any rules or guidelines that protect the health, safety and welfare of the users of this facility.

An Coiste, Cuala will continue to review and monitor usage every 6 months to determine any significant changes in how the gym operates.

Any queries can be directed to OFFICE@CUALAGAA.IE .

Rules & Regulations for Use of Cuala Gym

1. Access:

- a) The gym is exclusively for the use of current registered and paid-up members of Cuala GAA club **ONLY**. Under no circumstances can guests or non-members be allowed to use the facilities – this is an insurance compliance requirement.
- b) Members admitting non-members onto the premises, without proper/ prior permission, may have their memberships suspended or revoked. Non-compliance with regulations or sharing access to non-members may also result in membership being revoked.
- c) The club will issue an access fob to each member that wishes to use the gym – an annual €25 fee will be required. This fob must be used as a method of entry for all visits. It may not be passed on to anyone else – such misuse of a member’s access fob will result in **permanent** withdrawal of any access rights to the Cuala gym.

- d) The gym **sign-in log book** must be signed by each gym user on **entering and leaving the gym** - for insurance purposes. No access to Gym is permitted after 10.00pm and before 6.00am.
- e) Members must book in advance to use the gym and must not enter the gym area when in use by a Cuala team as part of their S&C program.
- f) By accessing the gym and using the gym equipment members are deemed to have read and understood the terms and conditions of membership and have dealt with their club membership fee appropriately.
- g) Cuala reserve the right to refuse access or revoke access rights to any member deemed to have breached the gym policy, rules & regulations or for any other act or behaviour that Coiste deem serious.
- h) All persons using the facility do so at their own risk

2. Insurance, Health & Safety

- a) Members must take all necessary medical and professional advice to ensure their safety, to verify their fitness and to confirm their suitability for use of the Gym prior to using its facilities – this should be reviewed throughout the course of their membership. All members must submit a [Health Screening Form](#) and ensure that they have received a confirmation of receipt from the Gym Administrator before using the gym.
- b) All members must submit a [Waiver & Release Form](#) and ensure that they have received a confirmation of receipt from the Gym Administrator before using the gym.
- c) All users must complete an induction (*Gym Induction Course*) overseen by a suitably qualified coach/instructor. A record of this induction must be signed by the member and the coach/instructor – the record must be provided to the Cuala Administration office for records.
- d) Only playing members are covered by the GAA Injury Scheme when using the gym as part of a supervised training session.
- e) Under 18 year olds may use the gym **only** as part of a session that is supervised by a qualified S&C or trained coach. (*Coaches, supervisors and volunteers working with underage members must hold current Vetting /Safeguarding records and have a coaching qualification – records must be available for verification by the club's Childrens Officer*)
- f) **Under 16's** are not permitted use of gym equipment unless it is part of a specific programme that has been given by Club or County and that it is carried out under the **direction** and **supervision** of a coach/trainer who has relevant experience or qualifications in Strength and Conditioning. (*Coaches, supervisors and volunteers working with underage members must hold current Vetting /Safeguarding records and have a coaching qualification – records must be available for verification by the club's Childrens Officer*)

- g) If any Member has a concern regarding Health and Safety, they must report the issue via email to office@cualagaa.ie, or, to the club secretary secretary.cuala.dublin@gaa.ie immediately .
- h) Appropriate behaviour is required at all times so as not to jeopardise their safety or the safety of others.
- i) Use of photographic equipment (Cameras/ Smart phones/ etc.) by members is not permitted. There is CCTV in place to ensure your safety.
- j) In the interests of safety, appropriate athletic attire and footwear should be worn (no dress shoes or open toe sandals permitted).
- k) Cuala will not take responsibility where a gym user sustains injury from incorrect use of equipment.

3. Gym Etiquette & Use of Gym equipment

- a) Cuala GAA will not supply towels or wipes so please ensure you wipe down benches/equipment after use - a small towel should be carried to wipe down equipment.
- b) Gym users must ensure they put weights back in their original place and any other equipment used when finished. Gym equipment must not be removed from the gym.
- c) All equipment must be used in the manner for which it is designed. Do not attempt to modify equipment. Please follow usage guidelines and instructions.
- d) Do not use equipment that has not been already covered in the Gym Induction (this is a prerequisite). If your unsure do not use the piece of equipment - DO NOT put yourself in danger.
- e) Free weight users must have a “spotter” with them at all times - we strongly advise that individuals should not be in the gym on their own. (*Spotter: - experienced person who assists players in lifting or pushing more weight and ensuring proper safety measures and technique*)
- f) Weight bars, plates and dumbbells must not be dropped, stood on, propped against walls or other equipment.
- g) Extreme caution to be exercised when lifting weights to avoid injury. Top loading additional weights onto existing weight stacks is unsafe and prohibited.
- h) Food, chewing gum and drinks are also prohibited with the exception of water/isotonic drinks which MUST be in resealable containers/bottles. Please bring all waste with you when leaving the gym, we do NOT have a waste collection service in the facility – **DO NOT USE DRINKS WHILE ON OR NEAR EQUIPMENT** (spillage will lead to rusting on metal)
- i) Please ensure no towels, mats, or gym equipment are left lying out of place as a trip hazard to other members using the gym. Please practice **GOOD HOUSEKEEPING** before and after your gym session as we don't have full time staff to clean up after you!

- j) Please report any defective equipment, maintenance or safety issues immediately. Do not use any equipment if in doubt for your safety - Any damage to equipment/floor/walls must be reported to the Club Manager by email – office@cualagaa.ie

- k) All other club rules relating to conduct extend to the use of the gym area.

- l) If any incident occurs please report it using this form <https://cualagaa.ie/report-an-incident-form/> immediately so that it can be followed up and action recorded.

- m) Ancillary equipment – **Air Handling System, displays and Bluetooth speakers must not be moved or interfered with in any way**

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