

# Form 328 Fitness Facilities COVID-19 Induction Form

TSV Fitness Centre & CNS Gym – existing members only



**Instructions:** This form is to be completed by returning members to either the TSV Fitness Centre or CNS Gym after the facilities closure due to COVID-19. New Members will complete the relevant campus Membership Form and Induction Form.

**Name:** \_\_\_\_\_ **Contact number:** \_\_\_\_\_

Provide relevant information below:

Membership No (TSV only): \_\_\_\_\_ Student ID Number: \_\_\_\_\_ Staff ID number: \_\_\_\_\_

Location:  TSV Fitness Centre  CNS Gym

## Disclaimer:

In accordance with the Industry COVID Safe Plan for Fitness Facilities, I am aware of and agree to the following:

Participating in Contact Tracing:

- Signing in via a scan system or recording my personal details on a manual contact tracing form supplied by JCUSA. Refusal to scan in or complete the Contact Tracing Form means I need to leave the facility immediately as I am not allowed to enter as I could be jeopardising the health of others; and
- Keeping my contact details up to date with JCUSA.

Attending the fitness facility:

- Not attending the fitness facility if unwell and if vulnerable to a serious COVID-19 infection - discussing with my doctor what activities are safe to resume and choosing to enter the facility at my own risk;

Reducing the possible spread of the COVID-19 virus by following the below hygiene standards:

- Washing my hands or using alcohol-based hand sanitiser upon arrival;
- Using supplied disinfectant to wipe down any exercise equipment prior to and post use which will be readily available across the gym floor;
- Using at least 1 clean, freshly laundered towel (minimum size of 69cm x 137cm) each time I attend;
- Bringing extra towels to lay on equipment benches and seats (as long as they don't cause any safety risks);
- Covering coughs and sneezes with an elbow or a tissue and disposing of tissues hygienically;
- Placing disposable tissues, paper towel and cleaning materials in a bin immediately after use and not leaving such items on surfaces;
- Avoiding touching the face, eyes, nose and mouth and washing hands regularly ;
- Limiting contact with others and avoiding any other close physical contact where possible by not partaking in handshaking, hugging, kissing, high 5s, spitting or touching objects unless necessarily;
- Using my own water bottle and pen and not sharing items;
- Bringing my own full water bottle as I know the water bubbler is off and I will not refill my water bottle from alternate water sources such as taps in the toilets;
- Avoiding putting items such as phones on common surfaces;

Adhering to and following social distancing standards of:

- Adhering to 1.5m social distancing and 1 person per 4m<sup>2</sup> and not moving equipment into an area that will reduce the area to less than 4m<sup>2</sup>;
- Adhering to social distance signs that are on display and to any floor markers that direct foot traffic;
- Using the JCUSA booking system for all visits to the facility to ensure compliance to the prescribed capacities for each area; and
- Leaving the premises as soon as I have finished my workout session and not using the closed showers and change rooms.

I understand that:

- If observed to be reasonably displaying symptoms (e.g. persistent coughing) of COVID-19 in a fitness facility that I will be politely asked to leave the site and will do so immediately. The decision to direct a person to leave under these conditions by a JCUSA employee is final and is not up for discussion/negotiation and there is no appeal or escalation process;
- The onus is on me to determine my capacity to safely resume fitness activities and attendance at fitness facilities;
- Government authorities can be provided with member access logs and permitted contact details for the purposes of contact-tracing with confirmed or suspected cases of COVID-19;
- A confirmed case of COVID-19 in a facility must result in the immediate notification of health authorities, closure of the facility and a deep clean of the facility as directed by health authorities. Member and patron tracking information must be provided to health authorities for contact tracing;
- JCUSA will hold or block individuals memberships and access for members that have been diagnosed with COVID-19 to prevent entry into the facility (individuals would be breaking health directed quarantine in these scenarios); and
- Any non-compliance with the requirements outlined in this document and the Industry COVID Safe Plan for Fitness Facilities will result in removal from the facility or session and possible termination of membership.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_