



Patient Information & Disclaimer:

Gym & Pool Memberships & Exercise Classes



Eligibility

- To be eligible to attend exercise classes or use our facilities on a Gym & Pool Pass membership all patients must first be assessed and approved by one of our Physiotherapists or Exercise Physiologists.
- Patients must have a program set for them by their Therapist prior to commencing classes or a membership.
- Your treating Therapist will confirm eligibility to attend on a membership based on your ability to safely use the equipment and perform exercises unsupervised (requires a minimum of 2 supervised sessions).
- Patients on memberships are required to undertake regular reviews (i.e. monthly) with their treating therapist to ensure continued correct exercise technique and to review their program. This is the responsibility of the Patient to arrange.
- The above requirements are not required for the Fit Pilates Classes.

Access

- Bookings are required for use of the hydrotherapy pools. Hydrotherapy sessions are 30 minutes in duration, including filling and emptying time. Please arrive 5 minutes prior to your booked start time so that you are changed and ready to commence at your allocated time.
- Bookings are required for attendance to all Exercise Classes to ensure maximum numbers are not exceeded.
- On membership, the gym is available for use during our normal opening hours, with the exception of group class times (which are available from reception and subject to change at short notice).
- Individuals under 16 years of age must be supervised by a responsible adult when in the gym or pool areas.
- Patients must register attendance and appointments at the Reception prior to commencing their program.
- Occasionally the Gym & Pool may be closed for maintenance and access not allowed. In the case of reduced access, booking preference will be given to supervised physiotherapy appointments and classes.

Etiquette

- Please be considerate of other patrons when using the Gym & Pool facilities.
- Please place bags and other personal items in the provided storage.
- Please wash off deodorants, perfumes and body lotions before entering the water. Showers are available onsite.
- Closed shoes must be worn in the Gym and footwear (thongs or sandals acceptable) in all wet areas.
- Please use a towel and place over gym equipment where applicable, mats should be used for floor exercises.
- Please return all equipment to its designated space after use.

Safety

- Always exercise responsibly, only complete exercises demonstrated to you by your Therapist.
- Report to your Therapist immediately if you do not feel comfortable completing any exercise.
- Do not stand on benches or chairs or use the equipment in any manner other than for which it is intended. Incorrect use could result in injury to yourself or damage to the equipment.
- Please report to 4 Life Physiotherapy excessive water on the floor in the Hydrotherapy area or change rooms.
- A safety call bell is in place in all wet areas and the gym, please use this pager for assistance in an emergency.
- Immediate first aid and AED is available, please report any injury immediately to 4 Life Staff.

Report

- Please report any equipment faults or safety concerns to 4 Life staff immediately.
- DO NOT attempt to fix any faulty equipment
- Report any injury, illness, health or safety concerns to your therapist regarding your gym and / or pool use.
- Should your general health or injury status change please inform your Therapist prior to continuing with your program.

Pilates Classes

- This information is relevant to Pilates Classes in addition to all other information on this sheet.

- No shoes are to be worn when using the Pilates Reformer or Pilates Trapeze equipment.
- Non-Slip socks must be worn during Pilates Classes (available to purchase from reception).
- Please do not commence exercising until the Therapist has commenced the class.
- Please bring a towel to all classes, and use mats when working on the floor.

Gym Based Classes

- This information is relevant to Gym Based classes run by our Physiotherapists and Exercise Physiologists in addition to all other information on this sheet.
- Closed shoes are required for all gym based classes, with the exception of Tai Chi at the Therapists discretion.
- Please do not commence exercising until the Therapist has commenced the class.
- Please bring a towel to all classes, and use mats when working on the floor.

Cancellations & Refunds

- Hydrotherapy and Class based programs require advanced bookings.
- 24-hours notice is required for cancellations to allow other Patients access to these appointments.
- Failure to provide 24-hours notice of cancellation may result in the full class fee being charged.
- Gym & Pool Memberships and Class Passes will not be refunded once any sessions have been used.
- Gym & Pool Memberships can be placed “on-hold” during periods where a Patient is unable to attend. This needs to be advised to our reception staff prior to the period of “hold”. Under no circumstance will a Membership be place on hold retrospectively.

Disclaimer/Waiver of Liability

I/We understand and acknowledge that, although 4 Life Physiotherapy has taken steps to reduce the risks and increase the safety to participants, access to and use of the gym facilities, hydrotherapy facilities and exercise classes may expose me to inherent risks, including accidents, injury, illness or even death. I/We assume all risk of injuries associated with participating including, but not limited to, falls, contact with other participants, the effects of the weather, and all other such risks being known and appreciated by me.

I/We can confirm that I am familiar with the equipment and have had sufficient training on the equipment to be able to use it responsibly and safely.

I/We hereby acknowledge my responsibility in communicating any physical, health and psychological concerns that might conflict with my ability to safely participate in exercise classes or complete my program independently on a membership pass. I/We acknowledge that I am physically fit and mentally capable of performing the physical activity that I choose to participate in. I/We understand that I am using the facilities at my own risk.

After having read this waiver and knowing these facts, and in consideration of acceptance of my participation and 4 Life Physiotherapy (including 4 Life Exercise Physiology) furnishing services to me, I agree, for myself and anyone entitled to act on my behalf, to Hold Harmless, Waive And Release 4 Life Physiotherapy, its officers, agents, employees, organizers, representatives and successors from any responsibility, liabilities, demands or claims of any kind arising out of my participation in 4 Life Physiotherapy training, programs and/or events. By my signature I/We indicate that I/We have read and understand this Waiver of Liability. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.

Participant’s Name: _____ **Participant’s Signature:** _____

(Please Print)

Date: ____/____/____

PARENT/GUARDIAN SIGNATURE IF UNDER 18 YEARS OF AGE I Represent that I have the legal capacity and authorise to act on behalf of the minor named herein.

Parent/Guardian Signature: _____ **Parent/ Guardian Name:** _____

Therapist’s Approval - Name: _____ **Signature:** _____