



Launceston PCYC provides you with a **FREE Weight Gym Induction Session** which aims to help ensure that you:

1. Have a basic understanding of training safely and with good technique using the equipment available.
2. Understand good gym etiquette and PCYC's Code of Conduct.
3. Understand our emergency and evacuation procedures.

Please tick that you agree:

- Regarding my health (tick one):**
- I am medically fit to undertake this form of exercise
 - OR** I have a signed Doctor's Clearance (with or without limitations) which I will adhere to
 - Signed the PCYC's waiver, disclaimer and conditions of use by signing the Membership Form

Full Name:

WEIGHT GYM INDUCTION BOOKING

Current self-assessed fitness level Very Poor Poor Okay Good Very good Excellent

Do you have any medical issues (list on your Medical Questions)? No Yes -the PT will ask you about this

Optimal Times to Attend

Please specify a times and days you are available and our personal trainer will be in contact. We will be in touch to confirm your time.

Times: _____ or Times: _____ or Times: _____
 Days: _____ or Days: _____ or Days: _____

To be completed during the induction

Induction Checklist	Client Signature	Trainer Signature
I understand that it is required to sign into the gym each use.		
I know the location of the toilets and the emergency meeting point.		
I have been shown and feel confident using each piece of cardio equipment.		
I have been shown and feel confident using each piece of gym equipment.		
I have been shown and feel confident using free weights. I understand how to spot a partner and correctly lift weights off the ground.		
I have been provided a beginner program and have been explained how to increase weights safely.		
I know that I must use a towel when using gym equipment. This is followed by spraying and wiping the machines		

NEW USER'S SIGNATURE & WITNESS SIGNATURE

Your Signature		Trainer Name	
Date	/ /	Program advised	
		Date	/ /