

Mike Carney Toyota

INDEMNITY and INDUCTION FORM – FITNESS FACILITIES

The fitness facility provided for you and its use is entirely at your own risk. MCG aims to mitigate risk of injury as much as is practicable, and as such if you see anything that is out of place or could cause a potential hazard it is your duty to inform the HR Manager and inform people in the local area at the time of identifying the potential hazard. Physical exercise should not be undertaken without having a proper medical checkup. You are not to use any piece of equipment unless you have been inducted in its correct use, this includes but is not limited to the lifting of objects such as weights.

Induction Check list:

- Entry and exit of the facility – security-lighting-aircon – ablutions-lockers
- Weights – Correct use and lifting
- Treadmill – Correct use
- Rowing Machine – Correct use and technique
- Multifunction weights / exercise machine
- Elliptical – Correct use
- Hygiene – cleaning after use
- Yoga meditation and stretching area
- Sauna – Correct use
- Boxing equipment – Correct use

You are hereby informed that you are not to:

Access to pool or sauna whilst the gym is unmanned. weights and cardio are permitted.

Agreement Dated: _____ Day of _____ (Month) _____ (Year)

I _____ (Name)

of _____ (Address)

agree that my use of the fitness facilities and other amenities held by Mike Carney Toyota is at my own risk. To the extent permitted by law, and that I am satisfied I have the knowledge and training shown to be to use the equipment in the facility. I,

- agree that Mike Carney Toyota, its employees, directors, office holders and any organisation related to Mike Carney Toyota will not be liable for any loss, injury or damage to myself and my property or persons and or property I am responsible for, because of the use of the facilities and amenities; and
- hereby indemnify and release Mike Carney Toyota, its employees, directors, office holders and any organisation related to Mike Carney Toyota against any loss, injury or damage to myself and my property or persons and or property I am responsible for, because of the use of the facilities and amenities.

Furthermore, I understand that the use of the fitness facilities and other amenities held by Mike Carney Toyota is at the discretion of Mike Carney Toyota management and can be revoked at any time.

The fitness facility is deemed NOT a place of work, and as such work insurance cover is not applicable if you injure yourself whilst using this facility. By signing below, you agree that you understand the risk of using such a facility.

(Applicant Signed)

(Business Representative Signed)

(Applicant Print Name)

(Business Representative Name)

Date _____

Date _____

Copy for Client

Copy in HR Folder and employee record.

Copy on file for non-employees