

Gym Induction, Rules & GDPR

1.0 What Does the Gym Induction Involve?

The gym induction typically involves a guided tour of the GYM by a qualified trainer who demonstrates:

- Egress and Ingress to the Gym.
- Demonstrate the proper use of gym equipment.
- Explains workout techniques.
- Outlines health and safety guidelines.
- Explain Fire Evacuation Procedure:
 - Designated Exit Paths.
 - Assembly Points.
 - How To Use Fire Safety Equipment.

1.2 What is the Purpose of the Gym Induction?

The purpose of a gym induction is to ensure that members, especially beginners.

- Can exercise effectively and safely.
- Minimize injury risk.
- Makes members feel more confident in navigating the gym environment.
- While also providing an opportunity for members to ask questions and set fitness goals.

1.3 Do I have to Complete the Induction?

It is our policy that all new Streete Fit Gym members take part in this Induction Session to ensure you know how to use the equipment safely and reduce any risks while at the gym. For this reason, we highly recommend joining the Induction.

2.0 Induction Checklist - Completed by Trainer

1. Welcome & Induction

- ☐ Greet new members and introduce yourself as the instructor.
- ☐ Explain the purpose and structure of the induction session.

2. Tour of the Gym

- ☐ Show the layout of the facility, including key areas (cardio, strength training, free weights, group classes, etc.).
- ☐ Highlight the location of amenities (changing rooms, lockers, water stations, restrooms, etc.).

3. Equipment Demonstration

- ☐ Introduce various types of cardio equipment (treadmills, ellipticals, bikes).
- ☐ Demonstrate the use of weight machines, free weights, and functional training equipment.
- ☐ Explain proper form, posture, and technique for using equipment safely.

4. Health and Safety Guidelines

- ☐ Discuss the importance of warming up and cooling down.
- ☐ Provide instructions on sanitizing equipment before and after use.
- ☐ Explain emergency evacuation procedures and the location of first aid stations.
- ☐ Review the gym's rules regarding equipment use, attire, and member conduct.

5. Personalised Guidance

- ☐ Assess the member's fitness level and goals.
- ☐ Offer recommendations on workouts suited to their needs.
- ☐ Provide information on personal training options if available.

6. Usage of Technology

- ☐ Explain how to use gym-specific apps or machines with built-in technology (e.g., heart rate monitors, virtual trainers).
- ☐ Demonstrate how to track progress, set goals, or book classes online.

7. Membership Benefits

- ☐ Inform the member about classes, workshops, or additional services (e.g., massage, nutrition advice). 12 months Walking Track Membership included.
- ☐ Highlight any available member perks or discounts.

8. Q&A Session

- ☐ Provide time for the member to ask questions or seek clarification.
- ☐ Offer ongoing support or the opportunity for future sessions if needed.

9. End of Induction

- ☐ Thank the member and provide a point of contact for further assistance.

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- ☐ Encourage the member to start their fitness journey confidently.
- ☐ Both Trainer & Member sign the Induction Completeness Form.

NOTE: Make sure to tick the boxes to the left of the activity points indicating the activity has been covered.

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The onus is on you, the applicant, to ensure that your fully complete application is submitted in sufficient time for a decision to be made before your membership is considered.

3.1 Streete Fit: Rules & Regulations

The Gym rules are designed to ensure your own safety and the safety of others

1. Member's access and Member usage is monitored by CCTV to ensure the safety and security of our members.
2. The chosen Access Key Fob is solely for the use of the member who joined Streete Fit Gym. This Access Key Fob must be used as a method of entry for all visits. It may not be passed on to anyone else (misuse of your Access Key Fob card will result in the termination of Membership).
3. On joining, all members are offered a Free gym induction to instruct them in equipment use. You are strongly advised to undertake a Gym Intro session. Streete Parish Park will not accept any liability for any claim for personal injury if you use the Gym equipment having not taken up the offer of a free Gym Intro from a qualified member of Streete Fit Gym staff.
4. Before partaking in an induction and before using our Gym equipment for the first time, a PARQ (Health & Medical Screening form) must be completed.
5. It is our policy all members partake in a Gym equipment induction. Previous Gym users are not exempt and must take a Gym induction.
6. If you are unsure as to how to use any piece of equipment you must seek advice from a qualified member of Streete Fit staff before using such equipment. Streete Fit will not take responsibility where a gym user sustains injury from incorrect use of equipment.
7. For safety reasons, bags are not permitted on the Gym floor, and it is essential that the correct attire is worn when exercising i.e. suitable, comfortable exercise clothing and footwear must be worn. Clothing such as jeans, boots, flip-flops/sandals, or workwear are not permitted. Football tops may also not be deemed appropriate in the Gym. Any Member not wearing suitable attire may be asked to leave the Gym.
8. As a courtesy to other members, a small gym towel must be carried to wipe down equipment after use.
9. Members are asked to only use the lockers for the duration of their training session.
10. Members are solely responsible for their own belongings whilst visiting Streete Fit. We accept no responsibility for any loss or damage to personal property.
11. Although we will always endeavor to return any articles of lost property to the owner, we do not take responsibility for any item. Such items, if found, will be kept until claimed, but for no longer than one week.

12. No drunkenness, bad language or aggressive behaviour toward staff or other members is permitted on the premises. Gym Users should refrain from talking loudly or indulging in noisy, grunting activities that may annoy or distract other users (e.g. dropping weights forcefully) or any other form of conduct that is deemed inappropriate by the management and staff of the Gym.
13. Membership may be terminated for violation of any rule or regulation of the Gym or by conduct deemed by the management to be detrimental to the welfare, good order or character of the club and its members or staff.
14. You may not use the gym whilst under the influence of alcohol, narcotics, tranquillisers, or any medication or other substance which may affect your ability to exercise safely. Streete Fit reserves the right to remove you from premises if it reasonably believes you are unfit to use the facilities.
15. Streete Fit reserves the right to refuse access or terminate Memberships.
16. All Gym users must comply with any reasonable request from Streete Fit staff in relation to Health and Safety matters and to ensure the smooth running of the Gym. If any Member has a concern regarding Health and Safety, they must report the issue to Streete Fit staff immediately.
17. Members can join from 16 years, however if you are under 18 years your parent / guardian must enter into the membership agreement (along with the minor) and the parent/guardian must agree to accept responsibility for their child's conduct.
18. Only Personal trainers who hold a Streete Fit Personal Training agreement can personal train out of Streete Fit Gym. No other Personal trainers may personally train any member/ nonmember on Streete Fit premises. Only Physical/Physiotherapists/Rehab Specialists who hold a valid agreement with Streete Fit may operate out of Streete Fit Gym. No other Therapists may train or carry out any rehab sessions with a member/ nonmember on Streete Fit Premises. Anyone else undertaking members' training will be asked to leave the gym immediately.
19. No Smoking, including e-cigarettes, No chewing gum, No Spitting or any unhygienic activities that can contribute to the spread of germs and diseases. are permitted and are strictly prohibited in all areas of the Gym, including at the entrance. Any Member found in breach of this rule may have their Membership terminated.
20. Members must inform Streete Fit of any change of contact and email address or telephone numbers.
21. Members must ensure they put weights back in their original place when finished, failure to do so may result in your Membership being terminated.
22. Please do not misuse the weights by dropping them on the floor, misuse of the weights may result in your Membership being terminated.
23. Please do not take video calls/photographs/videos on the premises or in the Changing Rooms or post such items or remarks on the internet that may identify another member.
24. By accessing the gym and using the gym equipment members are deemed to have read and understood the terms and conditions of membership.

4.0 Rules and Use of Gym Facilities

1. All references to “the Gym” refer to Streete Fit, (Streete Parish Park Fitness Club) Health & Fitness, its proprietors, management, employees, subcontractors, agents, and representatives. Members’ use of the Gym is subject to these Rules.
2. Use of the Gym involves physical exercise, sport, and recreational activities which can be dangerous and may cause injury. Members’ use of the Gym is voluntary. Members voluntarily assume all risks of injury, damage, or loss which may be sustained as a result of, connected with, or in any way associated with their use of the Gym.
3. 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 membership and throughout the course of their membership. Before using any equipment in the Gym, members should seek and receive instruction from fitness staff to ensure that the member understands the equipment and adopts a safe training regime suitable to the ability of the member. Members must use the equipment in the Gym in accordance with the operating instructions provided by the Gym and understand and abide by the rules of any activities undertaken in the Gym.
4. Streete Fit Gym is not responsible for any loss or theft of personal property brought to or left in the Gym. Members should take reasonable care that their personal belongings are stored safely in lockers provided for this purpose.
5. Members must not take pictures or videos of other members using the Gym facilities, unless permission is explicitly given by the individual member.
6. Streete Fit Gym shall not be liable for, nor shall it accept responsibility for, any injury, loss or damage however sustained by any person or persons whether arising under the express or implied terms and conditions of membership, whether direct or indirect and including consequential losses arising out of any of the activities of the Gym or in any way whatsoever which does not arise from any negligent act or omission of the Gym.
7. All Members fully and irrevocably indemnify, hold harmless and defend Streete Fit Gym, to the extent permissible under applicable law, against any and all liabilities, claims, and causes of action resulting from injuries, damages or loss (including, but not limited to, costs which may be incurred in any legal action) sustained by members arising from their attendance at, and use of, the Gym.
8. Individuals not adhering to these rules may be asked to leave. Management reserves the right to revoke or cancel membership of repeat offenders.

Date Reviewed: 08/08/2025 next review due in 2029.

5.0 GDPR & Privacy Policy

5.1 Collection

Streete Parish Park Fitness Centre Also Known as Streete Fit will collect your details on this official registration form. These details include your name, address, mobile telephone number, email address, Emergency contact details and payment details.

5.2 Usage

The information you provide in this form will be used solely for dealing with you as a member of Streete Fit Fitness Centre This data is used to contact you when necessary, or to contact your next of kin in an emergency. We may add you to our App group or send you SMS messages to contact you in connection with the operation of the Community centre the Streete Fit and upcoming Community events and issues. Your personal data or your details will not be passed on, shared, or disclosed to any other third parties whether or not connected with Streete Fit Fitness Centre or Groups for any purposes marketing or otherwise.

5.3 CCTV Images

CCTV is used to record activities in and around Streete Parish Park Community Centre, Streete Fit Fitness Centre, Walking Track and areas covered by CCTV. in the interests of safety and crime prevention. All images are stored onsite in a locked office in the community centre. These images/data are stored for 28 days for the purpose of identifying acts of anti-social behaviour or incidents of a nature which will help Gardaí in their investigations.

All recordings are overwritten every 28 days. For these reasons, the information processed may include visual images, personal appearance, and behaviours. This information may be about club members, customers and offenders and suspected members of the public entering or in the immediate vicinity of the area under surveillance.

Where necessary or required this information is shared with the data subjects themselves, employees and agents, service providers, Gardaí, security organisations and persons making an enquiry. Any complaints which rely on theft/bullying/abuse etc. must therefore be made within 28 days of the incident otherwise the images will have been overwritten. We take no responsibility for reports not made in time.

5.4 Retention

Streete Parish Park Fitness Centre We will not retain your data for any longer than it is necessary to hold. All data we hold will be stored securely. Your data will be stored for five years from the renewal date and will then be deleted forever from this date. You may withdraw from the service we provide at any time by informing the secretary of Streete Parish Park in writing. We may retain your data for up to five years from the date of withdrawal notice for audit and administration purposes and will then delete it entirely.

5.5 Agreement

I have read the above privacy policy. I agree the privacy policy has been explained to me clearly and I am happy to avail of the services of Streete Parish Park Fitness Centre. I confirm I am over 18 I agree if under 16 that a parent guardian has read and understands the terms and conditions and has signed this form on my behalf.

5.6 Rules Of What'sApp Group

1. At the outset everyone must consent prior to being put into a WhatsApp Group as their telephone number will be visible to all within the group, and personal telephone numbers cannot be communicated without consent.
2. This is a WhatsApp group which has been set up by Streete Fit, who will act as administrator. We are not "moderators".
3. This group is intended as a convenient way to distribute information to members quickly and efficiently and for members to communicate easily with each other regarding Gym fitness and workout class matters and upcoming events.
4. This group is set up in the spirit of informal communication amongst group members sharing the same common interest. In keeping with that spirit, it is not the intention that there ought to be an overly legalistic attitude towards its operation. However, the following ought to be adhered to:
 - a) The group is not to be used to discuss non- GYM related issues.
 - b) The group should not be used to express personal opinions or post private messages.
 - c) Any opinions expressed are the opinions of individual members. Group administrators are not responsible for any comments posted by individual members of the group.
 - d) It is not necessary to respond to every post unless it is requested e.g. RSVP. When a busy user gets too many notifications, there is the chance that they will turn off the notifications, which undermines the efficiency of the facility.
 - e) If your message is not relevant to the majority of group members, please message the person directly rather than the entire group.
 - f) Inappropriate posts include using inappropriate language, insulting messages, voicing grievances with the GYM or with individual members of the group will and may result in a member being removed.
 - g) No comments should be made regarding colleagues, members, management, GYM policies or events.
 - h) In the event that there is a breach of any of the rules, the group administrator reserves the right to remove the transgressor from the group.
 - i) By participating in this WhatsApp Group, you agree to these group rules.
 - j) Participation is not obligatory, you have the option of leaving. We would hope that all participants can see the usefulness of the group and will cooperative accordingly respect everyone's privacy – being part of this group requires mutual trust.