



Baradene College Fitness Centre Guidelines

- Orientation session must have been attended and membership card achieved before using the Fitness Centre.
- You must sign up for each session – this is done via the Fitness centre TEAMS page
- Sign in and out for each workout session in the Fitness Centre
- \$30 per term
- If you have any medical condition that could put you in danger or cause an injury, you must let the Supervisor know
- Bring a towel and a drink bottle (water only)
- No food or liquids (other than water) are to be brought into the Centre
- Appropriate clean exercise clothes and sports shoes to be worn
- Please wipe down the equipment after use with sanitiser
- Do not drop weights
- Always warm up and warm down
- Put all gear back where you got it from
- Work only to the level that your Orientation card permits
- If you are unwell, please do not use the Fitness Centre
- Be mindful of time spent on cardio equipment, share with others
- Equipment cannot be used if there is not a supervisor in the Centre
- Please be mindful of other groups if music is being played