



Raharney Hurling & Camogie Club - Gym Usage Policy

1. Eligibility and Access

- Use of the gym is strictly limited to registered members of Raharney Hurling & Camogie Club who have paid their annual membership fees.
- Members under 18 may only use the gym under the active supervision of a qualified coach or responsible adult.
- Non-members and guests are not permitted unless explicitly approved by the Club Committee.
- The club must monitor gym access to prevent unauthorized entry, particularly by juveniles. CCTV may be used for this purpose with appropriate signage. Access logs should be kept securely for insurance and claim purposes.

2. Conditions of Use

- Users must treat all equipment and facilities with care and leave them in good condition.
- Users must vacate the gym promptly at the end of their allocated session to allow access for others.
- Users must not leave litter or personal belongings behind. Bins are provided.
- Follow all health and safety signage and guidance displayed in the gym.
- Use equipment only as instructed and in a safe manner.
- Lone use is discouraged. Where possible, a buddy system is advised.
- Report any damage, faults, or concerns immediately to the Gym or Club Committee.

3. Induction Requirements

- All users must undergo a mandatory induction conducted by a suitably qualified instructor with their own insurance.
- Users must sign the Induction Acknowledgement Form, confirming their understanding of gym rules. This may be managed via the Foireann system.
- Users are advised to consult their GP before beginning any fitness program. This advisory is included in the induction process.

4. Insurance & Liability

- The gym is covered by the GAA Marsh Insurance Scheme, providing public liability and personal accident cover for members and officials during approved activities (e.g. training, coaching).
- Liability insurance does not cover individuals—it covers the club in the event of a claim.
- Members use the gym at their own risk. Any injury claim must prove negligence on the club's part.



- Only registered GAA playing members are covered by the GAA Injury Benefit Fund, and only during supervised, collective training sessions.
- LGFA and Camogie members should verify coverage under their respective insurance schemes for gym use.

5. Youth Guidelines (Ages 12–18)

- Gym use by 12–18-year-olds is permitted only under supervision.
- Use must comply with the Sports Science Framework for Gaelic Games:
<https://learning.gaa.ie/playerpathway>

6. Equipment and Maintenance

- All equipment must be purchased and installed by a competent provider with appropriate insurance.
- Equipment must be maintained according to manufacturer guidelines and documented in a maintenance log.
- Weekly inspections must be performed and recorded.
- An incident logbook should be maintained and aligned with the Club's Health & Safety Statement.
- Signage must be displayed to promote safe practice (e.g. re-rack weights, report damage).

7. Documentation and Risk Management

- The club's Safety Statement must be updated to include the gym facility and full risk assessments completed. Templates available via: <https://learning.gaa.ie/safeclub>
- Once all compliance steps are in place, property insurance will also cover gym equipment.
- Review and enhance security protections as needed using the GAA's Guide on Security Risk Management.

