



Change Coaching Australia takes safety seriously, with your health and safety being our number one priority. Specific control measures, arising out of a thorough risk assessment, have been implemented to ensure that you are not exposed to health and safety risks arising from the operation of our business.

We consider that we have taken all reasonably practicable steps to create and maintain a safe facility, environment, equipment, services and atmosphere, free of bullying and harassment, for you to have the best quality experience possible. We expect you to do the same by not placing yourself or anyone else at risk through your actions. To attend our services, you must comply with all Australian and ACT Government legislation and advice and all Change Coaching Australia instructions, conditions, policies and procedures.

Our Safety Management System includes verbal and documented safety policies and procedures including the Change Coaching Australia Health and Safety Policy, Privacy Policy, Smoking and Vaping Policy, Conditions of Entry, Hygiene Procedure, Communicable Diseases Procedure, Waste Management Procedure, Amenities Procedure, Arrival Procedure, Personal Items Procedure, Personal Training and Shared Personal Training Procedure, Padwork Procedure and Speedball Procedure.

By accepting and attending Change Coaching Australia services I agree to the following:

- ✓ I will undertake a pre-exercise screening process and provide all relevant medical information and medical clearances to my personal trainer
- ✓ I will refrain from adjusting equipment, including pressing buttons, removing pins and setting up exercises unless guided by my personal trainer
- ✓ I will follow all risk assessments, instructions and safety advice
- ✓ I will perform exercises as instructed, with correct form and technique, appropriate load, correct set up, racking and un-racking of equipment and release of weights
- ✓ I will apply hand sanitiser and deodorant outside to minimise my impact on those with allergies
- ✓ I will consider my impact on others who may be managing physical and/or psychological conditions and refrain from giving misdirected or unwanted advice or encouragement
- ✓ I will refrain from offensive and discriminatory language and bullying and harassing behaviours
- ✓ I will immediately towel dry any spills I create (e.g. sweat and water)
- ✓ I will prevent trip hazards by the way I handle objects, move and place items, especially my personal items
- ✓ I will follow all verbal and written safety instructions pertaining to the facility, environment, equipment, people and services

I agree that any non-compliance of the aforesaid by me, I shall be solely responsible, and Change Coaching Australia shall have the right to take adequate actions against me for such non-compliance.

