OPEN GYM POLICY

This policy forms part of the Build Training Membership Agreement and applies when members use the training floor outside a coached class or during a designated Open Gym period. This policy must be read in conjunction with the Membership Agreement and any other applicable Build Training policies.

1. Eligibility and Open Gym Hours

Open Gym is available only to members whose current membership expressly includes Open Gym access. Gym casual sessions and Gym 10 class packs do not include Open Gym access.

A non-member may access Open Gym only where Build Training has expressly approved that access in writing. Payment for a casual session or 10 class pack does not constitute approval for Open Gym access.

Open Gym consists of the Main Training Floor and the Small Gym.

Open Gym access is available only during the times published by Build Training.

The Main Training Floor may be unavailable or restricted while a coached class, session, event or other organised activity is taking place. Members must not enter or use the Main Training Floor where doing so would interfere with a coached class or other activity.

The Small Gym may remain available for Open Gym use during coached class times, provided the time falls within published Open Gym hours and the area has not otherwise been restricted or closed by Build Training.

Open Gym access may otherwise be restricted because of events, maintenance, cleaning, safety incidents, capacity or operational requirements.

Access outside published Open Gym hours is not permitted without prior approval from Build Training.

A booking may be required, and capacity limits apply.

Required induction or competency checks must be completed before use.

2. Supervision

Open Gym is self-directed and may be unstaffed or not continuously supervised by a Build Training coach. Members are responsible for training within their capability, using equipment safely, complying with applicable safety requirements and seeking assistance where available if they are unsure how to perform an activity or use equipment.

3. Permitted activity

Members may perform safe individual training consistent with their membership, induction and facility rules. Build Training may restrict particular equipment, areas, movements or activities.

4. Prohibited activity

- Do not provide coaching or additional coaching to others.
- Do not undertake unsafe maximum-effort attempts, complex skills, inverted movements or activities requiring a spotter unless authorised and appropriately supported.
- Do not alter, move or assemble equipment in an unsafe manner.
- Do not occupy multiple stations unnecessarily.
- Do not enter or use an area allocated to a coached class or other organised activity, or otherwise disrupt a coached class, unless expressly permitted by Build Training.

5. Equipment and etiquette

- Inspect equipment before use and report faults.
- Use collars, safety arms, spotters and protective equipment where appropriate.
- Return equipment and unload bars or machines after use.
- Do not drop weights except where expressly permitted in a designated area.
- Share equipment reasonably during busy periods.

6. Health and emergencies

Do not train while unwell, impaired or affected by a contagious condition. Stop if symptoms or injury occur. Familiarise yourself with exits and emergency arrangements and report all incidents immediately.

7. Minors and guests

Youth members may use Open Gym only where expressly approved and in accordance with the Youth Member Policy. Guests and non-members require prior approval and registration.

8. Recording and personal property

Comply with the Media, Photography and Social Media Policy. Keep belongings clear of the training floor, walkways and emergency exits.

9. Enforcement

Build Training may restrict Open Gym access for unsafe conduct, misuse, failure to follow directions or repeated policy breaches.

10. Privacy

Personal information collected, stored or used under this policy will be handled in accordance with the Build Training Privacy Policy and applicable privacy laws.

11. Policy changes

Build Training may reasonably update this policy for safety, legal or operational reasons. A change will not materially increase fees, reduce core membership benefits or introduce a new cancellation burden unless permitted by the Membership Agreement, required by law or accepted by the member. Where reasonably practicable, Build Training will give at least fourteen (14) days' written notice before a material change takes effect. A shorter period may apply where reasonably required for an urgent safety, legal or regulatory reason.