



# MARIST COLLEGE NORTH SHORE

270 MILLER STREET, NORTH SYDNEY NSW 2060 P: 9957 5000 E: northshore@maristcollege.com  
www.maristcollege.com

10 August 2017

Dear Parents/Guardians,

## **PERMISSION FOR USAGE OF MCNS FITNESS CENTRE**

The MCNS Fitness Centre is available to all students of the College. It will be open Monday - Friday mornings from 7am until 8am and on Monday, Wednesday and Friday afternoons from 3.30pm until 4.30pm. There will be supervision provided by staff.

To ensure the fitness centre is well maintained and safety measures are adhered to, all students will be required to comply with the following:

### **RULES OF USAGE**

1. All students are permitted access, however, boys in years 7-8 will only have use of the cardio equipment e.g. treadmills, cross trainers, bicycles, rower and light hand weights;
2. No student will have access without supervising staff;
3. Maximum of 20 students at one time;
4. No student is permitted to use the fitness centre without returning the required permission note;
5. No food is permitted in the fitness centre. Bags to be stored where indicated;
6. All students must have a towel;
7. Senior students using weights must have a buddy or "spotter";
8. All safety regulations must be adhered to [e.g. warm up, no workout if unwell];
9. Respect for other and equipment at all times.
10. Correct School Uniform must be brought to change into after using the gym

Your sincerely,

**Luke Hill**  
**PDHPE Leader of Learning**

**Tony Duncan**  
**Headmaster**

---

**Please sign and return to Mr Luke Hill**

## **PERMISSION FOR USAGE OF MARIST COLLEGE NORTH SHORE FITNESS CENTRE**

I give permission for my son \_\_\_\_\_ of year \_\_\_\_\_ to use the Marist College North Shore Fitness Centre and acknowledge that as a condition of usage he will abide by all rules of the centre.

Signed: \_\_\_\_\_ [parent/guardian] Date: \_\_\_\_\_