



About Club Sargood

Club Sargood, located at Sargood On Collaroy, is a club that allows those living in the community with a disability to engage in social, recreational and fitness activities particularly when the individual is at risk of becoming socially isolated.

Members are given the opportunity to experience accessible fitness and recreation tailored to their skills and abilities. Memberships are only accessible to those living in the community with a disability which creates a unique social environment that encourages relationship building and peer to peer learning. We also provide group activities throughout the week to further encourage social engagement.

Club Sargood memberships gives the member the opportunity to maintain their fitness with uninterrupted ocean views in our state-of-the-art gym. Our gym is fitted with 'HUR' Gym equipment which has been designed specifically for wheelchair users and for those with a disability. The equipment enables independent use of the gym for those who would normally require assistance.

Club Sargood members receive guided support to discover unique and innovative adaptive sport and recreation activities in the community with access to all of our onsite recreation equipment including beach access equipment and adaptive cycles.

How much does a membership cost?

\$1130 annual (12 month) membership

How old do I have to be to be a Club Sargood Member?

You are required to be 14 years or older to join Club Sargood; we require a guardian signature on your terms and conditions and Medical History questionnaire.

What is included in my Membership?

Accessible gymnasium open 8am – 8pm 365 days per year.

Resort Facilities at Sargood on Collaroy (Level 1 only) including

- Lockers
- Accessible bathroom and change area with ceiling hoist
- Tea and coffee making facilities
- Community function areas including BBQ facilities.

2 x 1 hour Exercise Physiology sessions

Recreational Equipment use between 9am and 5pm.

Can I come and see the Club before I purchase my membership?

Yes.



We run 15 min tours of the clubs facilities regularly. Please call reception 02 8597 0600 to book a tour.

What equipment do you have in the gym?

Sargood's gymnasium has a variety of equipment on site to cater for all members

- HUR's Easy Access resistance training equipment is targeted to meet the needs of wheelchair users. Its U shaped design allows users to wheel straight in. The air pressure technology means that changing resistance is as simple as pushing a button.
- Sliding Tilt Table
- MOTomed viva2 leg and arm trainer

- NuStep T4r Recumbent Crosstrainer
- Treadmill with overhead ceiling hoist
- Standing frame
- TRX training
- Free weights
- Floor Mats and plyometric boxes
- Cardio equipment inc. arm erg and cycles

And more.

Can I Use the MOTomed Viva 2 with Functional Electrical Stimulation?

Functional Electrical Stimulation causes muscle contractions and movement in conjunction with a passive or passive assisted arm or leg cycle.

The FES equipment is only used by the client with Sargood on Collaroy staff.

You can book an appointment with our Exercise Physiologist for \$100 / hour.

Is the gymnasium supervised?

The gym is occasionally supervised by our Exercise Physiologist. Please contact reception to find out details.

Can I book a 1:1 session with Sargood Exercise Physiologist?

Yes.

Bookings can be made through reception 02 8597 0600

What is the cost of a session with the exercise physiologist?

\$148 / hour



Are there therapy cancellation fees?

If a scheduled appointment is cancelled after 3pm on the day preceding the service Sargood on Collaroy will charge a cancellation fee of 100% of the service fee. If there are unforeseen circumstances or you are able to produce a medical certificate the cancellation fees may be waived. Sargood on Collaroy will negotiate with you opportunities to reschedule supports/services before any cancellation fees are charged.

Guests will be charged for any non-face-to-face work that has been done prior to the cancellation of the service.

Can I bring a carer to support me in the gym?

Yes.

Can I use my own Therapist to train me in the gym?

Yes.

Club Sargood members can work onsite with external therapists and trainers following approval from Sargood on Collaroy management. There will be a small cost to the therapist (\$20/hour) to come onsite and they must be able to demonstrate registration and insurance. External therapists need to sign in, sign out and pay at reception each time they are onsite.

What recreational equipment do you have?

- Recumbent cycles (hand and leg propulsion)
- Beach access wheelchairs inc self-propelled manual wheelchairs and attendant propelled chairs
- X8 off road Wheelchairs
- Wave jet surf boards.

What is the process to hire Recreational Equipment?

All bookings for equipment must be made through reception 02 8597 0600

Equipment can be hired for 1 hour between 9am – 5 pm every day.

You must have completed competency training before hiring the piece of equipment.

If I want to use the recreational equipment what is involved in the competency training?

You must make an appointment with reception to see one of our Recreation Therapist who will guide you through set-up and use of the piece of equipment.

Our therapists are available at 4pm each day.

You must be competent to use equipment independently or with your carer before you will be allowed to hire the equipment.

Am I liable for any damages to equipment?



Yes.

At Sargood on Collaroy's reasonable demand, the hirer must pay for any damage to the facility and/or equipment or other items supplied by Sargood on Collaroy, which at any time may be found to be missing, damaged or damaged beyond repair, or destroyed. Please note that the cost of our equipment can vary up to \$30,000.

Do I need medical clearance to join the club?

Yes.

You will be given a medical clearance form that must be completed by your treating physician.

Do I need to sign Terms and Conditions before starting my membership?

Yes.

Is Sargood on Collaroy an NDIS provider?

Yes.

Royal Rehab, trading as Sargood on Collaroy, is an accredited NDIS provider.

Provider number: 4050002604

Can I seek funding assistance through the NDIS for my club membership?

Depending on the goals and funding allocation of your plan, you may be able to seek assistance for your membership through the NDIS if you have funds available under

Core Supports: Daily Living: Assistance with Social and Community Participation

Support Item	Item Number	Qty/Hrs	Rate	Description	Subtotal
CORE SUPPORTS Community, social and recreational activities	04_115_0125_6_1	n/a	\$1045	Club Sargood memberships have been specially designed to assist people living with a disability pursue recreational and leisure activities and engage in broader community participation particularly when the participant is at risk of being socially isolated. Inc. access to Level 1 hotel facilities and gymnasium between 8am and 8pm, access to adaptive recreational equipment* and all club Sargood member activities.	\$1045
Assistance to access community, social/rec acts -	04_101_0104_6_1	2	\$42.50	2 x 1:1 session (60 minutes) with our qualified exercise physiologist to orientate you to the club and gym equipment.	\$85



individual higher intensity - weekdays					
					Total: \$1130

Can I seek funding through the NDIS for extra Exercise Physiology Sessions?

Depending on the goals and funding allocation of your plan, you may be able to seek assistance for your membership through the NDIS if you have funds available under

Capacity Building: Improved health and wellbeing

Or

Capacity Building: Improved daily living skills

Support Item	Item Number	Rate	Description
Exercise Physiology	12_027_0126_3_3	\$148	Individual advice to a participant regarding exercise required due to the impact of their disability.
Individual Assessment, Therapy and or training: exercise physiology	15_048_0128_1_3	\$148	Individual advice to a participant regarding exercise required due to the impact of their disability.

I do not have funds currently available in my NDIS plan for my membership or exercise physiology sessions. What should I take to my planning meeting?

We would suggest that you take a copy of Club Sargood’s NDIS Support letter <https://sargoodoncollaroy.kinsta.com/wp-content/uploads/2018/08/NDIS-Support-Letter-Club-Sargood.pdf>

We would also suggest contacting Sargood on Collaroy 02 85970600 and asking for a quote for your membership and/or exercise physiology sessions.

Are there other insurance companies that will support me financially to join club Sargood?

Yes.

Please speak to your insurance provider (e.g. icare) about a membership.

Sargood on Collaroy is happy to provide information about the service to the insurer at your request.

How do I join club Sargood?

Please contact Sargood on Collaroy reception 02 8597 0600.



You will be emailed a Membership Application form, that will include:

- Contact information sheet
- Club Sargood Terms and Conditions
- Medical Clearance form

Once forms are returned you will be asked to pay your membership fees. Membership will be active as soon as payment is received.

How can I pay my membership fees?

- NDIS service agreement and funds secured in portal
- NDIS Plan Manager
- Insurance provider approval letter
- Credit Card
- Bank Transfer

How do I access the Club outside of reception hours (9am-5pm)?

If you wish to access the gym outside of reception hours you can be issued with a fob key that will give you access through the main entrance door and the garage. Please speak to Sargood reception about this.

Do I need to check in when using the facilities?

Yes.

You must sign in at reception when you visit.

If out of reception hours, you must notify any other staff member on site, that you are using the gym.

Can I put my membership on hold?

Members can freeze their membership for up to 3 months for travel or medical reasons, but we must be reasonably satisfied by your supporting documents.

Where do I park when coming to club Sargood?

Street parking is usually available nearby, but we cannot promise that this will be the case.

There is a car park underneath the facility that may also be used, however priority parking is for hotel guests.



Support Letter

To whom it may concern,

Royal Rehab, trading as Sargood on Collaroy, is an NDIS accredited provider (organisation ID: 4050002604). NDIS participants may be able to seek assistance to support their memberships through the NDIA and the below line items.

Core Supports: Daily Living: Assistance with Social and Community Participation

Support Item	Item Number	Qty/ Hrs	Rate	Description	Subtotal
CORE SUPPORTS Community, social and recreational activities	04_115_0125_6_1	n/a	\$1045	Club Sargood memberships have been specially designed to assist people living with a disability pursue recreational and leisure activities and engage in broader community participation particularly when the participant is at risk of being socially isolated. Inc. access to Level 1 hotel facilities and gymnasium between 8am and 8pm, access to adaptive recreational equipment* and all club Sargood member activities.	\$1045
Assistance to access community, social/rec acts - individual higher intensity - weekdays	04_101_0104_6_1	2	\$42.50	2 x 1:1 session (60 minutes) with our qualified exercise physiologist to orientate you to the club and gym equipment.	\$85
Total:					\$1130

Club Sargood memberships allow the individual to engage in community, social and recreational activities within the community particularly when the individual is at risk of becoming socially isolated.

Members are given the opportunity to experience accessible fitness and recreation tailored to their skills and abilities. Memberships are only accessible to those living in the community with a disability which creates a unique social environment that encourages relationship building and peer to peer learning. We also provide group activities throughout the week to further encourage social engagement.

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Club Sargood members have access to our exercise physiologist who specialises in working with people living with disabilities in the community. Additional hours of exercise physiology above the included 2 sessions of the membership can also be purchased. The NDIS may support funding your exercise physiology sessions using the below line items:

Capacity Building: Improved health and wellbeing

Or

Capacity Building: Improved daily living skills

Support Item	Item Number	Rate	Description	Subtotal
Exercise Physiology	12_027_0126_3_3	\$148	Individual advice to a participant regarding exercise required due to the impact of their disability.	\$148
Individual Assessment, Therapy and or training: exercise physiology	15_048_0128_1_3	\$148	Individual advice to a participant regarding exercise required due to the impact of their disability.	\$148

Club Sargood members receive guided support to discover unique and innovative adaptive sport and recreation activities in the community with access to all of our onsite recreation equipment including beach access equipment and adaptive cycles.

We welcome all new members. Please feel free to contact me if you have any further questions.

Kind regards,

Clinical Manager