



## 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.

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 some 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?**

To Use the gym independently without a guardian you must be 18 years of age. Exceptions may be considered on a case by case basis.

### **What is included in my Membership?**

#### **Accessible gymnasium:**

Opening times

Monday/ Tuesday/Wednesday/Friday 8am – 5pm

Thursday 10am – 6pm

Saturdays/ Sundays 10am – 2pm

Closed on ALL Public Holidays

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

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



**Complimentary 1-hour Exercise Physiology session for new members**

**Recreational Equipment use between 9am and 5pm Monday – Sunday (excluding Public Holidays)**

**Access to social events organised by Club Sargood social committee**

#### **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.

#### **Do I need to have a spinal cord injury to join club Sargood?**

No.

Please note that Club Sargood staff are trained to support people with neurological conditions and some other physical disabilities. If you have significant behaviours of concern that may affect other Club Sargood members or your therapy requirements are likely to exceed our staff skill set we may not be able to support your application to join Club Sargood.

#### **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 supervised by a staff member during opening hours. The Staff member is there to maintain the gym equipment and be present in case of an emergency. If you require assistance to use the equipment you must bring your own support worker/carer to assist you or book an appointment with 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?**

\$166 / hour

### **Are there therapy cancellation fees?**

If a scheduled appointment is cancelled within 48 hours of 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. All Support Workers and carers must sign in and sign out at reception. There is no charge to bring your own support worker on site.

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

No.

If you require a therapist/trainer in the gym, please contact reception to book an appointment with our Exercise Physiologist.

### **What recreational equipment do you have?**

- Recumbent cycles (hand and leg propulsion)
- Beach access wheelchairs inc self-propelled manual wheelchairs and attendant propelled chairs
- Magic Mobility X8 Extreme 4x4 wheelchairs



### **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 excluding public holidays.

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 Team members who will guide you through set-up and use of the piece of equipment.

Our Recreation team is 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?**

The NDIS provide support for assistance with social and community participation. Community and social activity costs are included in a participant's plan to enable them to presume recreational activities and engage in the community when associated with a participant's disability and goals. NDIS participants may use this



funding for membership fees.<sup>1</sup> Where appropriate, funded hours in a community access budget may be converted to a fee and claimed by a provider for these purposes.

Support Item	Item Number	Qty/Hrs	Price Controlled	Description
CORE SUPPORTS Community, social and recreational activities	04_115_0125_6_1	n/a	No.	Annual support to enable a participant to independently engage in community, social and recreational activities when costs of participation exceed an affordable level and without, the participant would be at risk of social isolation.

### 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	\$166	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	\$166	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.

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.

<sup>1</sup> NDIS Price Guide 2019 – 2020, pp 22.



### **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:

- Club Sargood Application form (inc. 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.

