

## Carers and Support Worker– Aqualink Gym

### Terms and Conditions

Whitehorse City Council values the role of carers and paid support workers make in the lives of people in the community. Often the term carer is used to describe a range of relationships between the person requiring support and the person providing the support. Whitehorse City Council utilises the definitions provided in the Carers Recognition Act 2012 as noted below.

#### Carers

The Carers Recognition Act came into effect on 1 July 2012 and officially recognises care relationships and the role of carers in our community. The Act includes a set of principles about the significance of care relationships, and specifies obligations for state government agencies, local councils, and other organisations that interact with people in care relationships.

The Act defines a carer as someone who provides care to another person, and includes carers under the age of 18. Carers can provide care for a person who:

- Has a disability
- Has a mental illness
- Has an ongoing medical condition or
- Is an older person with care needs

The Carers Recognition Act 2012 specifies that a person is not in a care relationship for the purposes of this Act if he or she provides care to another person—

- (a) Under a contract of service or a contract for the provision of services; or
- (b) Under an employment contract; or
- (c) In the course of doing voluntary work for a community organisation; or
- (d) As part of the requirements of an education course or training

### **Paid Support Workers**

Paid Support Workers are paid staff who provide support and care for people who

- Have a disability
- Have a mental illness
- Have an ongoing medical condition or
- Is an older person with care needs

Paid Support Workers may be employed by Council or through a range of service providers and community organisation and may be providing support to an individual or group of individuals. Under the NDIS the person with a disability maybe self-managing their funding and therefore be the direct employer of the Individual Support Worker.

Typically Paid Support Workers have been employed to assist the person meet their individual goals such as maintaining their health and wellbeing by attending the Gym or pool. Paid Support Workers have a specific duty of care to the person they are supporting and are subject to the code of conduct, occupational health and safety, and other policies of the employing agency as well as the relevant Whitehorse City Council policies and procedures including but not limited to the Terms and Conditions.

### **Companion Card**

Whitehorse City Council respects that Companion Card promotes the rights of people with a disability, who require a companion, to fair ticketing at events and venues. Companion card is a National program administered by the state you live in.

The Companion Card is for people with significant permanent disability who can demonstrate that due to the impact of the disability they are unable to attend most community activities or events without attendant care, and that need is life-long.

The Companion Card is not intended to be used to enable other business operators such as personal trainers, fitness instructors or allied health permission to operate their business from Council facilities without prior consent from the facility manager.

### **Carers and Paid Support Workers**

It is the expectation of Whitehorse City Council that Carers and Paid Support Workers will provide care and supervision for the person or people they are attending Aqualink with at all times.

- Carers and Paid Support Workers are not to undertake their own workout or complete exercises during visit
- Mobile phone use is to be kept to a minimum
- Carers and Paid Support Workers are not to leave the person they are supporting in the Gym on their own during their workout. Should this be a necessity speak to the staff member on duty
- Carers and Paid Support Workers are not to interfere with the use of the facility and equipment by other patrons

### Terms and Conditions

Please note that Council retains the right to refuse entry or ask people to exit the premises if the following Terms and Conditions are not met.

- Carers and clients must follow all conditions of entry to the Centre and Gym as stated in each Centre
- If you are Individual or Group Support Worker please advise our reception staff that you are onsite and the organisation you are employed by
- Prior bookings are encouraged for group based activities
- No bags are permitted in the gymnasium area at any time
- Lockers are available for storage purposes
- Carers and clients must wear appropriate clothing (for example: track pants, knee length shorts, t-shirt, polo shirt) and closed in footwear such as runners whilst in the gymnasium
- People wearing inappropriate footwear will not be permitted in the gym area
- Shoes are to be worn at all times within the gym

### Use of Equipment

Aqualink is staffed by qualified instructors at all times, please discuss your needs with Aqualink staff.

- Carers and paid support staff are required to attend Program Shows to learn and understand the Client's workout program prior to implementation of the program
- If you are unsure of how to use a piece of equipment, including changing weights or controls please speak to the staff member on duty

Should you have any questions in relation to the above information and terms and conditions of entry and usage of the gym at Aqualink, please contact the Centre on the below contact details:

Aqualink Box Hill – John Naddaf (Gym Team Leader) 9843 2900

Aqualink Nunawading – Debbie Cowan (Gym Supervisor) 9878 4576