

GYM MEMBERSHIP FORM

(Please complete one form per member)



Personal Details

Title	
Name	
Surname	
Date of Birth ID MAY BE REQUIRED	
Telephone	
Email	
Address	
Postcode	
How did you hear about us?	
What is your primary reason for taking part in this activity?	

Emergency Contact Details

Name	
Surname	
Telephone	
Email	
Address	
Postcode	

Membership Type – Please tick accordingly

	MONTHLY	ANNUAL	PAYG	COMPLEMENTARY
SINGLE				
*JOINT				
STAFF				
CASUAL				

*For joint memberships only

PLEASE WRITE THE NAME OF THE PERSON YOU ARE JOINING WITH	
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PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

Many health benefits are associated with regular exercise, and the completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life. For most people physical activity should not pose any problem or hazard. PAR-Q is designed to identify the small number of adults for whom physical activity might be inappropriate or those who should gain medical advice concerning the type of activity most suitable for them. All information will be kept confidential.

QUESTIONNAIRE – Pt.1			COMMENTS
1	Have you ever had any significant medical condition?	YES / NO	
2	Have you ever had any significant surgery or sustained a significant injury?	YES / NO	
3	Have you ever had a heart condition?	YES / NO	
4	Have you experienced a stroke?	YES / NO	
5	Do you have epilepsy?	YES / NO	
6	Do you have diabetes?	YES / NO	
7	Do you have emphysema?	YES / NO	
8	Do you suffer from chest pains either at rest or after exercise?	YES / NO	
9	Do you have chronic bronchitis?	YES / NO	
10	In the past month have you had chest pain when you were not doing physical activity?	YES / NO	
11	Do you ever lose consciousness or do you ever lose control of your balance due to chronic dizziness?	YES / NO	
12	Has anyone in your immediate family (parents/brothers/sisters) had a heart attack, stroke or cardiovascular disease before the age of 55?	YES / NO	
13	Has a doctor ever told you that you have high blood pressure?	YES / NO	
14	Has a doctor ever told you or are you aware that you have a high cholesterol level?	YES / NO	
15	Do you have any allergies?	YES / NO	
16	Do you cough regularly, particularly in the morning?	YES / NO	
17	Do you suffer any back pain?	YES / NO	
18	Are you currently being treated for a bone or joint problem that restricts you engaging in physical activity?	YES / NO	
19	Do you smoke? If "YES" how many?	YES / NO	
20	If you are an ex-smoker, when did you stop?	YES / NO	
21	Do you drink alcohol? If "YES" what is the average weekly consumption?	YES / NO	
22	Are you or have you been pregnant in the last 6 months?	YES / NO	
23	Are you currently taking any medication? If "YES" please list the medication and its purpose	YES / NO	
24	Are you currently exercising less than 1 hour per week? If you answered "NO" please list your activities	YES / NO	
25	Any other information which you feel will prove helpful in planning your exercise programme or may be caused aggravation by use of the fitness room equipment?	YES / NO	

I have read, understood and accurately completed this questionnaire to the best of my knowledge.

I confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury. If in doubt, I will look for advice on how to use the equipment safely and perform exercises in a safely manner.

If you answered YES to any of the questions, please confirm that your doctor has agreed that it is safe for you to become physically active at this current time, and in your current state of health. I fully understand that whilst exercising, if I suffer any injury, pain or dizziness, I must stop exercising immediately. I will advise the centre if any change in my physical condition which may affect my ability to exercise safely.

I understand that I use The Willison Sports centre facilities entirely at my own risk.

SIGNATURE		DATE	
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TERMS & CONDITIONS – FITNESS SUITE

General

1. Members of the Willison Sports Centre are bound to comply with the membership regulations.
2. These are enforced to ensure that the facilities are properly and safely used so that all members are able to take full advantage of the facilities without interfering with the enjoyment of others.
3. The Willison Sports Centre reserves the right to terminate the membership of any member at any time, without notice, as its sole discretion.

Duration of Membership & Passes

1. Membership will commence on the day of acceptance for a 12 monthly period if considered a monthly or annual membership.
2. Day Passes will be valid until the closing time of the day the pass is paid for.
3. The Willison Sports Centre will be under no obligation to renew or extend membership.
4. All memberships or passes must be paid prior to the use of the facilities at the reception of the centre.

Inductions

1. All members are entitled to an induction session to obtain information on how each piece of equipment works, and how to use them safely.
2. Personal fitness plans are available and can be updated regularly with the help and guidance of the supervisor.

Membership

1. All Annual and Monthly members will be issued with an electronic membership card which will enable members to scan themselves in and out at the main sports centre reception.
2. The membership cards are classed as 'key tags' and are designed to be able to loop onto your set of keys for your ease.
3. Any member losing or misplacing the provided membership card must pay £5 to have it replaced.
4. All gym members are included on our database which holds all personal and payment information; for all monthly/annual members this will be linked directly to the membership cards.
5. We are able to monitor all visits and payment due dates for members.
6. If a member's account is flagged on the system as requiring payment then The Willison Sports Centre reserves the right to refuse access into the gym facility until such payment has been made.
7. Memberships are not transferable.
8. If any member wishes to terminate his or her membership before it would normally expire, no refunds will be given.

Opening Hours

Monday to Thursday	4.00pm – 10.00pm
Friday	4.00pm – 9.00pm
Saturday and Sunday	9.00am – 3.00pm

1. The centre will not be open on bank holidays, and depending on demand, during certain school holidays.
2. The opening times may vary for any period due to any repairs, alterations and maintenance to the gym equipment or The Willison Sports Centre facilities. Although such changes may be made without prior notice, the Willison Sports Centre will seek to notify members in advance by means of The Willison Sports Centre notice boards and on the website.
3. Last entry into facility is 30 minutes before closing time.

Condition of Use

1. Children under the age of 16 are not permitted into gym, unless accompanied by a parent or fitness professional.
2. Any member may be asked for proof of identification at any time by The Willison Sports Centre team.
3. Each member engaging at The Willison Sports Centre is responsible for ensuring that his or her state of health and physical condition, are such as not to involve any risk to himself or herself, nor to any other person attending the Willison Sports Centre.
4. It is necessary for all members to be completely honest when completing their Physical Activity Readiness Questionnaire, ensuring that the staff team is aware of any conditions that you may have affecting your ability to use any of the equipment.
5. The Willison Sports Centre accepts no liability for accident, injury or misadventure.
6. Members are responsible for making their own insurance arrangements in respect of injuries suffered by them or caused by them to any third party.
7. Animals, with the exception of guide dogs, are not permitted anywhere at The Willison Sports Centre, without prior consent by the management.
8. Smoking and the consumption of alcohol is not permitted anywhere at The Willison Sports Centre, or anywhere on the school site.
9. Members and their guests are requested to dress in a manner appropriate to the sporting activity being engaged in. Footwear must be worn at all times.
10. Any person with relevant medical history should be encouraged to make it known to the staff team prior to entering the gym, e.g. Angina or Epilepsy.
11. Refrain from using the facilities if you are suffering from sickness and/or diarrhea.
12. For hygienic reasons, please ensure that the equipment is left cleaned and wiped after each use.
13. In addition to observing the Membership Rules, members should comply with the directions given by The Willison Sports Centre Management and staff.
14. The Willison Sports Centre cannot accept any responsibility for loss or damage to property belonging to any member or guest.
15. Failure to adhere to these conditions may result in the membership being suspended.
16. Any member who misuses the facilities or who acts in a way which constitutes a safety hazard or interferes with the enjoyment of other members will have his or her membership terminated immediately.
17. I will leave the gym equipment in a safe and tidy condition and will report any faulty or damaged equipment to a member of staff.

Fire Evacuation Procedures

1. If you discover a fire, immediately operate the nearest fire alarm.
2. Alarms can be manually triggered from any alarm point and the fire brigade will not be summoned automatically.
3. Fire alarms and extinguishers are located throughout the facility.
4. An emergency telephone can be found in the main reception and the gym.
5. If you hear a continuous ringing of the school bell, this is the fire alarm and you must evacuate immediately using the nearest access route and assemble on sports hall back field.
6. Do not stop to collect belongings.
7. Close doors and windows as you leave (as long as it is safe to do so).
8. Leisure attendants are responsible for checking accountability of the members.
9. No one is permitted to re-enter the building until directed by the fire brigade.
10. Any missing members should be notified to a member of staff.
11. Further information concerning the fire policy and evacuation procedures are available at the reception of the centre.

I have read and understood these Terms & Conditions.

SIGNATURE		DATE	
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