



# Gym Membership

## Application form

- Please fill out all necessary details including your method of payment and the direct debit mandate (if applicable). It is important that the medical questionnaire is completed and signed as well as the terms and conditions of the contract
- All gym members are encouraged to undergo an induction before using the gym or sign a disclaimer form
- The minimum age for members is 16 unless approved by the Gym Manager
- Concession rates apply to disabled users, students and over 60's
- All members will require to have their photo taken at reception for identification purposes

Thank you for taking the time to complete your application carefully and we look forward to welcoming you to our gym.

### Personal Details

Surname:		First name:	
Address:			
Date of birth:		Email	
Home number:		Mobile Number	

Do you declare a disability? No  Yes  please specify in box below

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#### Important – Data Protection

Greenbank Sports Academy collects and processes information about gym members. The Data Protection Act 1998 requires Greenbank Sports Academy to obtain your agreement before this can be done. In signing this form you are giving consent for your personal and sensitive information to be processed under the rules and safeguards laid down by the 1998 Act. Greenbank Sports Academy has procedures in place to ensure that all information held about you will be dealt with confidentially, held securely and only processed in accordance with Greenbank Sports Academy's notification to the information commissioner, who administers the Act. Greenbank Sports Academy may wish to contact you for marketing purposes. If you do not wish to be contacted in this way, please tick this box.

#### Emergency contact details

Contact name:	Home number:
Relationship:	Mobile number:

#### OFFICE USE ONLY

Induction date:	Membership Type:
Membership Number:	Payment Type:
Staff Name:	Staff Signature:

## Membership type

Please indicate the type of membership you require by ticking the relevant box.

Type	Anytime*	Off Peak **
<b>Basic Membership</b>		
1 month	£25 <input type="checkbox"/>	£20 <input type="checkbox"/>
3 Months	£60 <input type="checkbox"/>	£45 <input type="checkbox"/>
6 Months	£110 <input type="checkbox"/>	£80 <input type="checkbox"/>
12 Months	£220 <input type="checkbox"/>	£165 <input type="checkbox"/>
<b>Disability Discounted</b>		
1 Month	£14 <input type="checkbox"/>	£10.50 <input type="checkbox"/>
3 Months	£42 <input type="checkbox"/>	£31.50 <input type="checkbox"/>
6 Months	£77 <input type="checkbox"/>	£56 <input type="checkbox"/>
12 Months	£154 <input type="checkbox"/>	£115.50 <input type="checkbox"/>
<b>Over 60's</b>		
1 Month	£15 <input type="checkbox"/>	£12 <input type="checkbox"/>
3 Month	£45 <input type="checkbox"/>	£36 <input type="checkbox"/>
6 Month	£80 <input type="checkbox"/>	£60 <input type="checkbox"/>
12 Month	£165 <input type="checkbox"/>	£124 <input type="checkbox"/>
<b>Students</b>		
1 Month	£15 <input type="checkbox"/>	N/A
3 Month	£45 <input type="checkbox"/>	N/A
6 Month	£80 <input type="checkbox"/>	N/A
12 Month	£154 <input type="checkbox"/>	N/A
Greenbank College Staff/Student	£15 <input type="checkbox"/>	

Direct Debit –We will need to see a copy of your bank statement before we can sign you up for a Direct Debit

Type	Anytime	Off Peak
Monthly +	£20 <input type="checkbox"/>	£15 <input type="checkbox"/>
Over 60's +	£15 <input type="checkbox"/>	£12 <input type="checkbox"/>
Disability Monthly +	£14 <input type="checkbox"/>	£10.50 <input type="checkbox"/>
Student Monthly+	£15 <input type="checkbox"/>	

### Gym Plus Membership

Type	Anytime
<b>Gym Plus Monthly</b>	£30 <input type="checkbox"/>
Gym Plus 3 Months	£80 <input type="checkbox"/>
Gym Plus 3 Months Student	£65 <input type="checkbox"/>
Gym Plus Direct Debit +	£30 <input type="checkbox"/>

Anytime membership entitles the member to use the gym at any time during opening hours

\*\* Off Peak Membership entitles the member to use the gym between 8.30am and 4pm. Monday to Friday and all day at weekends.

+ Must be paid by direct debit (minimum of 6 months membership)

## Consent to exercise

- Exercising is an essential part of maintaining a healthy lifestyle. Some people however are unable to participate fully due to illness or other medically restrictive reasons. It is important that the following questions are answered fully and honestly to enable us to ensure that our members can exercise safely.
- Please ensure that you sign declaration below
- If you are under 18, a parent or guardian must also sign
- If you are unable to sign for any other reason, a nominated responsible person may do so on your behalf

Physical Activity Readiness Questionnaire (PARQ)	Yes	No
Have you for any reason been unable to exercise in the past?	<input type="checkbox"/>	<input type="checkbox"/>
Has your doctor ever advised you against exercising?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever suffered from any cardiac (heart) related illness?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever suffered from respiratory difficulties?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever suffered from fainting, migraines or loss of balance?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever suffered from any bone, joint or muscle related disease?	<input type="checkbox"/>	<input type="checkbox"/>
Is there any history of heart disease in your family?	<input type="checkbox"/>	<input type="checkbox"/>
Have you experienced chest pain whilst exercising?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have elevated cholesterol levels?	<input type="checkbox"/>	<input type="checkbox"/>
Are you currently taking prescribed medication?	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered 'yes' to any of the above, please give details below. All information is held in strictest confidence and accessible only by the gym manager and relevant staff.

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## Your doctor's details

Doctor's name:

Surgery name:

Surgery number:

Surgery address:

## Declaration of consent to exercise

I confirm that all the answers above are true to the best of my knowledge and I believe I am able to participate in exercise at Greenbank Sports Academy

Signature:

Date:

The person making this application is under 18 or unable to sign themselves. I confirm that I will be taking responsibility for this person's declaration.

Name:

Relationship:

Signature:

Date:

## How did you hear about Greenbank Sports Academy?

- |                        |                          |                                |                          |
|------------------------|--------------------------|--------------------------------|--------------------------|
| Friend / Family        | <input type="checkbox"/> | Website / online search engine | <input type="checkbox"/> |
| Leaflet                | <input type="checkbox"/> | Driving / walking past         | <input type="checkbox"/> |
| Other (please specify) | <input type="checkbox"/> |                                |                          |

## Terms & Conditions

- Please read the following carefully and sign the declaration overleaf. If you are under 18, a parent or guardian must also sign. If you're unable to sign for any other reason, a nominated responsible person must do so on your behalf.
- Members consent to having their photograph taken for identification purposes. The image will be held electronically and used to establish the identity of the card holder when using the gym.
- You must swipe in at reception using your membership card upon arrival. Without your membership card, you will be unable to use the gym.
- If a card is lost, a replacement will be made on receipt of £2 to cover administration costs.
- Off peak members are restricted to the use of the gym facilities between the hours 8.30am and 4pm, Monday to Friday and all weekend.
- Members who opt for a direct debit membership agree to join for a minimum of 6 months. The first month is payable in advance by cash or credit/debit card. This 6 month period is considered paid for after the fifth payment via direct debit. From then on the membership will roll over on a monthly basis. This will continue until the membership is terminated. Direct debits will be taken on the first Friday of every month.
- To cancel a direct debit membership, members must give one month's written notice. Prepaid membership is non-refundable. There is a 7 day cooling off period for new gym members who take out direct debit option. The 7 days start from the date of induction. The first month's payment is non-refundable.
- The gym is for the use of Greenbank Sports Academy members only, therefore guests are not allowed.
- During busy periods please limit your time on popular equipment such as the treadmill.
- For health and safety reasons, members must adhere strictly to the following;
  - All free weights are to be returned to their racks after use
  - Cups and mugs are not allowed in the gym
  - Members should bring a small towel to wipe down machinery after use
  - Tracksuits or shorts and t-shirts must be worn at all times
  - Suitable footwear should be worn at all times
  - Offensive language or behaviour will not be tolerated
- Clashing weights, excessive noises and mistreatment of equipment will not be tolerated.
- Anyone thought to be under the influence of alcohol or drugs will be ejected and their membership will be reviewed.
- If for any reason a direct debit payments fails to credit our account, membership will be suspended until payment resumes or another payment method is used.