



The poolside gym and fitness studio have stunning views of the tropical blue waters of the pool and the light and airy environment provides the perfect space for your workout or fitness class. **The one day gym membership costs £14.**

- Please complete your details below and overleaf ensuring that the medical questionnaire is fully completed and that the disclaimer and terms and conditions are signed and dated.
- The minimum age for members is 16 unless approved by the gym manager. If you are under 18, a parent or guardian must also sign.
- Only one application form is required which is valid for one year.

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

Personal details

Family name			
First name		Date of birth	
email			
Main telephone		other telephone	
email			

Emergency contact details

Contact name		Main telephone	
relationship		other telephone	

Physical Activity Readiness Questionnaire (PARQ) Please tick as appropriate

	Yes	No
Have you, for any reason, been unable to exercise in the past?	<input type="checkbox"/>	<input type="checkbox"/>
Has your physician 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 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.

I confirm that I have undergone an induction and that I have sufficient knowledge to undertake gym activities unsupervised, safely and effectively:

Signature		Date	
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Your doctor's details

Doctor's name		Surgery telephone	
Surgery name			
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 Hampton Pool Poolside Fitness.

Signature	<input type="text"/>	Date	<input type="text"/>
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The person making this application is under 18 or unable to sign themselves. Therefore I confirm that I will be taking responsibility for this person's declaration.

Name	<input type="text"/>	Relationship	<input type="text"/>
Signature	<input type="text"/>	Date	<input type="text"/>

Terms and conditions

Please read the following carefully and sign the 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.

- During busy periods please limit your time on popular equipment such as the treadmills.
- For reasons of health and safety, members must adhere strictly to the following:
 - All free weights are to be returned to their racks after use.
 - All other equipment is to be returned tidily to the appropriate stowage in the gym and studio.
 - Cups and mugs are not allowed in the gym or studio.
 - 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, unless otherwise informed by an instructor (yoga etc).
 - Members not taking part in circuits are to leave the gym promptly at the designated start time.
 - Offensive language or behavior will not be tolerated.
 - Clashing weights, excessive noises and mistreatment of equipment will not be tolerated.
 - Chewing gum and mobile phones are not permitted in the gym.
- Anyone thought to be under the influence of alcohol or drugs will be ejected and their membership will be reviewed.
- Hampton Pool management reserve the right to exclude any member they deem not to be adhering to any of the above or who by their actions poses a health and safety risk to others.

Declaration

I have read and understood the terms and conditions of Hampton Pool Poolside Fitness and agree to abide by them. I am fit and healthy and able to use the gym on a regular basis. I understand that my membership can be revoked at any time should I fail to comply with these terms and conditions. I have declared myself medically able to use the gym and take part in classes and understand that I do so at my own risk. This does not affect my rights as a consumer for any accident caused by negligence of Hampton Pool Poolside Fitness.

Signature	<input type="text"/>	Date	<input type="text"/>
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The person making this application is under 18 or unable to sign themselves. Therefore I confirm that I will be taking responsibility for this person's declaration.

Name	<input type="text"/>	Relationship	<input type="text"/>
Signature	<input type="text"/>	Date	<input type="text"/>

How did you hear about us?

Existing pool user	<input type="checkbox"/>	Recommendation	<input type="checkbox"/>	Website	<input type="checkbox"/>
Posters	<input type="checkbox"/>	Previous visitor	<input type="checkbox"/>	Local radio	<input type="checkbox"/>
Roadside banner	<input type="checkbox"/>	Telephone directory	<input type="checkbox"/>	Local newspaper	<input type="checkbox"/>
Leaflet	<input type="checkbox"/>	Driving/walking past	<input type="checkbox"/>	which one?	<input type="text"/>

for office use only

Payment type	<input type="text"/>	Membership type	<input type="text"/>	Annual valid until	<input type="text"/>
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