



BURY ST. EDMUNDS RUGBY FOOTBALL CLUB

(Members of E. C.R. U., R.F.U. and S.U.)



**Gym Membership and Induction Form**

Forename(s) \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_

Post code \_\_\_\_\_

Tel No \_\_\_\_\_ Email \_\_\_\_\_

Mobile \_\_\_\_\_

Alternative contact in case of emergency \_\_\_\_\_

Occupation \_\_\_\_\_ Date of birth \_\_\_\_\_

Date of joining \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

**Gym Membership Categories (Please tick appropriate box):**

Current playing membership entitles free Gym use – Must be a player aged 13 or over. Under 16 year olds must be supervised by an adult.

Playing Member -  Student Member -  Ladies (playing) -  Youth Player -

Current Life Membership, Vice President, Family Membership, or part thereof, entitles gym membership at the reduced rate of £40 per member per year  (Cheques should be made payable to Bury St Edmunds RFC)

**Please supply a passport sized photograph for each member along with proof of membership.**

Gym Member - £10 per month payable by monthly direct debit  Please complete separate Bank Standing Order Mandate form for gym membership.

**Please supply a passport sized photograph for each member**



proudly sponsors Bury St Edmunds RFC gym



Induction Questionnaire

Regular exercise is fun, healthy and safe for most individuals to commence immediately. However, there are risks that may be increased by greater levels of activity. Please complete this form honestly as your answers will help us to help you select the safest and most effective forms of exercise. Should you suffer any injury, illness or medical condition in the future, please tell us and complete this form again.

Medical Declaration

Please read the following questions carefully and tick the YES and NO boxes as appropriate. Do not undertake any new forms of exercise of activity until you have had your induction

- Has your doctor ever said you have heart trouble? Yes No
Do you frequently have pains in your heart/chest? Yes No
Do you often feel faint or have spells of severe dizziness? Yes No
Has your doctor ever said that your blood pressure was too high or low? Yes No
Has your doctor ever told you that you have a bone, joint or muscular problem that has been aggravated or might be made worse by exercise? Yes No
Are you aged 65 or over and not accustomed to vigorous exercise? Yes No
I am over 13 years old? Yes No
If under 16 years old, I will only use the gym when accompanied by an adult Yes No
Is there anything at all in your medical history not mentioned above that might affect your ability to exercise? Yes No
If you have answered YES to any question, is your doctor aware of your intention to exercise? Yes No

If you have answered YES to any of the questions please provide details below

.....
.....
.....

Name ..... Signed .....

I declare that I have answered the questionnaire to the best of my knowledge. I am aware that physical activity can be hazardous and that there is a risk involved. I acknowledge that I participate in the use of the Club's facilities at my own risk and take full responsibility for my actions.

I declare that I have read and will abide by the Gym Rules.

I declare that I have read and accept the terms and conditions of membership.

Signed ..... Print Name ..... Date .....

Doctor's confirmation required Yes No Doctor's letter issued Yes No

Fitness Instructor

Instructor Signed ..... Print Name ..... Date .....

Date Induction given .....





## BURY ST. EDMUNDS RUGBY FOOTBALL CLUB

*(Members of E. C.R. U., R.F.U. and S.U.)*



### **Gym Membership Terms and Conditions**

1. Membership includes the right to use the facilities in accordance with the membership type. Please ensure that you bring your membership card with you on any visit to the club. Admission to facilities may be denied without production of a valid membership card. When you join you agree that a picture of you will be taken for our records, which will appear on our computer screens whenever your card is swiped. A charge will be made for a replacement card
2. Before using any exercise equipment you must complete a pre-exercise questionnaire. New questionnaire must also be completed if a new medical condition arises, or an existing one alters.
3. All gym users must have an induction session before using the equipment so that they can be shown how to use the equipment safely. Members must not use any equipment on which they have not been instructed.
4. Use of Equipment: You must use all equipment and facilities in a proper manner and must give safe regard to your own health and safety and to that of others. All members use the facility entirely at their own risk. The club is not liable for any injury caused.
5. All personal possessions are brought onto the premises at your own risk. The club is not liable for loss, damage or theft.
6. In the event of pregnancy or major illness your membership may be frozen. A letter of confirmation will be required from your GP.
7. If your payment of the monthly fee lapses the full monthly fees for the remainder of the six month period must be paid. For example, if your payments lapse after one month, the remaining five months fees must be paid. After the six month initial period you may cancel your membership with one month notice.
8. The club reserves the right to pre-book and use the gym for special bookings but will display on the premises at least one month in advance notice of any closure or restricted use of the gym.
9. As a member you agree to comply with the rules of use and conduct. The rules are displayed in the gym and will be given to you at your induction. Failure to abide by these rules may lead to cancellation of your membership.
10. Minimum age for unsupervised gym membership is 16 years old. Members 14-16 may use the gym if accompanied by an adult. 14 is the minimum age of use.
11. The club reserves the right to alter gym opening times with one months notice.
12. The club may make changes to these terms and conditions and the monthly fees at any time provided that we give you advance notice of any proposed changes.
13. The club agrees that it will use any personal data you give us only in accordance with the Data Protection Act 1998.



proudly sponsors Bury St Edmunds RFC gym



## Gym Rules

- All Users to sign in on arrival
- No bare torsos
- No Muddy clothing or shoes/boots
- Trainers MUST be worn
- Only CLEAN indoor footwear to be worn
- All weights to be replaced in racks after use
- Sweat towels to be used where appropriate
- All users train at their own risk
- Show respect for other users
- Show respect for the equipment
- Report any faults to the management

I have read, understood and will abide by the Gym Rules

.....