



## Health & Fitness Club Application Form

Please use **BLOCK CAPITALS** to fill out this form

Personal Details				
PERSON 1		PERSON 2		
Name:		Name:		
Address:		Address:		
Contact No:		Contact No:		
Email:		Email:		
Gender: Male <input type="checkbox"/> Female <input type="checkbox"/>		Gender: Male <input type="checkbox"/> Female <input type="checkbox"/>		
Date of Birth:		Date of Birth:		
Child 1	Name:	D.O.B		
Child 2	Name:	D.O.B		
EMERGENCY CONTACT				
Name:		Contact No:		
MEMBERSHIP CATEGORIES				
Single <input type="checkbox"/>		Couple <input type="checkbox"/>		Family <input type="checkbox"/>
Over 55's <input type="checkbox"/>	Student <input type="checkbox"/>	Child <input type="checkbox"/>	Special Offer <input type="checkbox"/>	
MEMBERSHIP TERM				
3 months <input type="checkbox"/>	6 months <input type="checkbox"/>	12 months <input type="checkbox"/>	Other:	
PAYMENT METHOD				
Cash <input type="checkbox"/>	Card <input type="checkbox"/>	Cheque <input type="checkbox"/>	Direct Debit <input type="checkbox"/>	
		<small>Made payable to Actons Hotel</small>	<small>Additional Forms Required</small>	
Total Paid:		<i>*Direct Debit option requires 2 months payment in advance (the first &amp; last months) and includes a small administration charge. Please call into the club to complete a mandate form.</i>		
OFFICIAL USE ONLY				
Start Date:		Expiry Date:		
Membership No:		Receipt No:	Staff:	
Gym Induction Book Yes <input type="checkbox"/> No <input type="checkbox"/>		If no, why:		
Safety Features Explained Yes <input type="checkbox"/> No <input type="checkbox"/>		Pool	Gym	Both
ID Check: Yes <input type="checkbox"/> No <input type="checkbox"/>	ID last 4 Digits:	Form of ID:		
Please note the hotel's privacy policy on the website				

# MEDICAL QUESTIONNAIRE

Please circle if any of the following apply to you or your family:

High/Low Blood Pressure	Y / N	Asthma	Y / N
Diabetes	Y / N	Epilepsy	Y / N
Arthritis	Y / N	Osteoporosis	Y / N
Heart Problems	Y / N	Lung problems	Y / N
High cholesterol	Y / N	Breathlessness	Y / N
Joint Problems	Y / N	Muscle problems	Y / N
Dizziness	Y / N	Allergies	Y / N

Please detail any injuries/ailments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are you pregnant or have you recently been pregnant? Y / N

Have you undergone any surgery recently? Y / N

If so, please detail: \_\_\_\_\_

Are you taking any medication at present? Y / N

If so, please detail: \_\_\_\_\_

Is there anything else that may affect the use of the facilities? Y / N

If so, please detail: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**We would recommend that anyone thinking of taking up exercise of any form should inform their doctor prior to joining**

The information I have supplied above is correct and I will endeavor to make known to Actons Health & Fitness Club staff any changes in my or my family's medical status.

Signed \_\_\_\_\_

Date \_\_\_\_\_

## Actons Health and Fitness Club

### Rules and Regulations

#### 1. The Club.

- Members of the club are bound as a condition of membership to comply with the rules set out below. This is to ensure that facilities are properly and safely used, and that all members have full advantage of them without interfering with the enjoyment of others.
- The club opening hours of the club are as follows:
  - ❖ Monday- Friday: 6.30am – 9.00pm
  - ❖ Saturdays, Sunday and Bank Holidays 8.00am -8.00 pm
- Last entry is 30 minutes prior to closing
- Members must vacate the building 15 minutes after closing time.
- The club reserves the right to vary the opening hours as considered necessary for the proper operation of the club.
- Certain facilities are out of bounds to members at allocated times due to classes. Classes are subject to change without prior notice.
- Certain facilities may be out of bounds due to unforeseen circumstances/ maintenances and can be closed any time at the Leisure Clubs discretion

#### 2. Membership.

- By joining the club you are allowing us to create and account for you on our electronic system. This includes information from our application form, picture and bank details (where applicable)
- Members must present their membership card each time they visit the club. The club reserves the right to refuse entry without presentation of this item.
- The club has absolute discretion to reject any application for membership or renewal of membership, or to terminate any membership at any time without giving reason to do so.
- Entry will be refused to anybody suspected to be under the influence of alcohol or drugs
- The club reserves the right to require any member, guest or other person to leave the premises at any given time.
- For health and safety reasons children 15 years and under must be accompanied by an adult at all times.
- Children 15 years and younger are only permitted to use the swimming pool. The use of any other facilities is strictly forbidden.
- Children 15 years and younger are not permitted access to the Leisure Centre after the hours of 7pm and must exit the building no later than 15 minutes thereafter
- The club reserves the right to restrict the number of persons using the club at any given time and can refuse admission to any guest.
- All membership is non- refundable.
- Termination of Direct Debit membership requires a minimum of 30 days' notice. Actons will not be held responsible if monies are debited from your account if the termination is requested later than the required 30 days. Actons reserves the right to request any payments missed or monies owed at any time.

#### 3. Health and Safety.

- Members are required to shower before using the pool, sauna, steam room and Jacuzzi.
- Appropriate clothing must be worn in both the pool, sauna, steam room and Jacuzzi (appropriate swim ware, hats, flip flops) and gymnasium (runners, exercise clothing)
- For health and safety reason if clothing is deemed to be inappropriate we reserve the right to as refuses use of the leisure centre.
- Before using the leisure centre a medical form should be filled out to inform us of any medical issues that we should be aware of. If required this information would be shared with the leisure club team and Acton's management

- Users are advised to undertake a basic introductory session with one of the fitness staff followed by further sessions to ensure that you understand the equipment and adopt a safe training regime that suits your needs.
- The use of a towel/paper towel in the gym is advised to wipe down each piece of equipment after use.
- Food and drink are not permitted on the pool deck, in the changing rooms or in the gymnasium.
- Smoking or vaping is not allowed anywhere in the club and a distance of 10 meters must be kept when smoking outside of the premises
- Lockers are provided for the use of members and guest. We advise that lockers be used to avoid any interference with personal belongings.
- Actons holds no responsibility for any articles lost, stolen or damaged.
- Swimming hats must be worn in the pool at all times.
- All clothing must be placed in lockers provided.
- Any articles left unattended in the club is at the owners risk and the club will not accept any liability.
- In the event of an emergency each member must agree to follow the directions of the member of staff on at that time.
- All accidents must be reported to the member of staff on duty at that time.
- Shaving is not permitted in this club.
- Actons Hotel are committed to providing an appropriate leisure environment for all members and guest and any abuse of the internet access to download inappropriate or offensive material which may be viewed inadvertently by other members or guests will be reported to the relevant authorities.
- Please be aware that there is no such thing as a non-slip floor. Any surface, if wet will be more slippery than any surface that is dry. Take special care when using steps. Flip Flops or training shoes should be worn at all times.
- Sauna users are forbidden to use oils and liquids on the sauna
- Mobil Phones are not permitted on the pool deck, sauna or steam room

**BY USING THE LEISURE CENTRE YOU ARE DECLARING THAT:**

- You do so at your own risk
- You are fit to partake in the activities available in the Leisure Centre and you have taken/provided all medical provisions from a health professional.
- You will take all precautions to ensure the safety of yourself and other.
- You will not hold the club responsible for any injury, loss or damage that you might have, however this may occur. You agree to indemnify the club, should there be any issue arise between you and another user of the club.
- You have read all available material on the rules and regulations available at the leisure centre.
- You will, at your own discretion and expense, obtain personal insurance for loss, damage that you might sustain arising from the use of the club.
- The club will use its best endeavours to ensure that all facilities are maintained in good working order. However, the club accepts no responsibility for failure or breakdown of facilities however caused.
- In the event of any dispute arising between a member and management of the club, the decision of management is final.
- You agree to abide by the clubs rules and regulations, which may be varied by the club at its sole and absolute discretion.
- I acknowledge that by purchasing membership I am buying into a contract whereby I accept all terms and conditions stated.

I have read thoroughly, understand and accept the terms and conditions of membership outlined:

Signature: \_\_\_\_\_

Date: \_\_\_\_\_