

GYM ENTRY FORM 2018



1. NAME

Title: _____ First Name: _____ Surname: _____

2. PERSONAL DETAILS

Sex: Male Female

Are you an Australian Citizen: Yes No

Date of birth: ___/___/___ Age: ___ years Post code: _____

Postal Address: _____

Telephone: (Hm) _____ (Mb) _____

Email: _____

Do you consent to receive information from St Kilda PCYC via email and post: Yes No

If you don't wish to receive any club correspondence, all notices will be sent, to you care of the club
St Kilda PCYC 179 Inkerman St Kilda in your name: Agree

Emergency Contact Name: _____ Ph: _____

Relationship (to you): _____

3. GYM ENTRY PRICES

Category: Adult
 Youth under 20 & Concession

Office Use Only

Photo I.D sighted: Yes
Concession details (if applicable):
Photo Copy Attached Yes
Type: _____
Number: _____

Type: Annual Adult \$95 / Conc \$40
 Monthly Unlimited Pass
 2 Month Unlimited Pass
 Yearly Unlimited Pass
 Subscription

Approve Date

Total fees received: \$ _____ Payment type: Cash Chq EFT Visa M/Card Receipt No: _____

Approve Date: ___/___/___ Expiry Date: ___/___/___ Card No: _____

Facility Introduction : Yes No Fitness Programs : Yes No Board Approval Date: _____

4. GYM ENTRY - TERMS AND CONDITIONS

Suspensions

Gym entry passes cannot be suspended, refunded or transferred

Access Cards

All users **MUST** carry a valid card on them at all times. A casual fee will be charged if you do not bring your card.

Parental Consent if Under 18

All patrons under the age of 18yrs need the consent from a parent/guardian in order to use the facilities.

Authorisation

All users of the St Kilda Police and Citizens Youth Club Gym must be authorised to use the facilities to the satisfaction of the Club Manager.

Bags and Lockers

Bags of any description are not permitted in the training facility (unless they are stored in the lockers provided). This rule applies also to Personal training clients. Lockers are available free of charge. You are required to provide your own lock.

Rules of Entry (please tick)

- Wear runner/sneakers (no bare feet, thongs or sandals)
- Use collars to secure the weights to the barbells at all times
- Children under 10yrs **MUST** be under the **direct supervision** of parents / guardian at all times
- Must not be under the influence of alcohol or drugs.
- A **sweat towel MUST** be used at all times and remove your sweat from equipment after use. Towels are available at reception for \$2
- All free weights must be returned to their rack after use and not left on the gym floor
- Use of multiple pieces of equipment or "super setting" using several items of equipment is not permitted as it limits their use by other PCYC members. St Kilda PCYC has a policy of ensuring that everyone has access to all items of equipment and that users have consideration for other gym patrons.
- No unauthorised personal training
- Group Fitness Class participants must arrive on time for all classes. Entry will be refused after the warm up has ended.
- At all times, consideration for the comfort and safety of others is expected. Behaviour which offends, causes discomfort, embarrassment, injury or damage to another user is unacceptable. If the Club Manager or another authorised officer considers that person has exhibited such behaviour, they can immediately terminate that person's use of the facilities and require that person to vacate the premises and their membership may be terminated once an investigation is carried out by the manager.

The Unique Philosophy of the St Kilda PCYC (please tick)

I acknowledge and understand that the St Kilda Police and Citizens Youth Club is a registered charitable not-for-profit organization. The St Kilda PCYC is largely self-funded relying upon the income from gym entries, PCYC memberships, fundraising, community support, grants and subsidies. I understand that the PCYC's primary objective is to **IMPROVE COMMUNITIES THROUGH YOUTH DEVELOPMENT**. I acknowledge that my entry fees help enable the PCYC's youth outreach programs to operate. I also acknowledge that the PCYC is largely run by volunteers.

Acknowledgment of Risks, Injury & Obligations

I acknowledge that the activity I am to undertake is a dangerous activity and that by participating in it I am exposed to certain risks. I acknowledge and understand that whilst participating in such activity;

- I may be injured, physically or mentally, or may die;
- My personal property may be lost or damaged;
- Other persons participating in such activity may cause me injury or may damage my property
- The conditions in which the activity is conducted may vary without warning
- I may be injured or die or suffer damage to my property as a result of the negligence or breach of contract of St Kilda Police and Citizens Youth Club
- There may be no or inadequate facilities for treatment or transport of me if I am injured
- I assume the risk of and responsibility for any injury, death or property damage resulting from my participation in the activity.

On payment of the appropriate fee, applicants for membership will be allowed complimentary use of the Club facilities until such time the application is considered for approval by the Committee / Board. If approved the membership commences from the date of approval and if rejected, the fee or fees are refunded by the manager. You will be notified by phone, e-mail, or post of your application outcome.

Release and Indemnity

I participate in the activity at my sole risk and responsibility. I release, indemnify and hold harmless St Kilda Police and Citizens Youth Club Inc., its servants and agents, from and against all and any actions or claims which may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage or death caused to me or my property whether by negligence, breach of contract or in any way whatsoever.

Confidential Fitness Readiness Questionnaire

Many health benefits are associated with regular moderate exercise, and we are glad you have chosen to increase your level of physical activity. For most people an increase in physical activity should not pose any problem or hazard. However, for a small number of adults an increase in physical activity, particularly rigorous physical activity, might be inappropriate. There are also those who should have medical advice in choosing a type and level of activity right for them. The following checklist can help guide you in how to proceed with your new choice, and will guide us in helping you reach the level of activity right for you.

Please complete the form below

Have you suffered from any of the following medical conditions?

CHD, Angina, Heart Attack	Yes/No
Heart Murmur, Chest Pains, Palpitations	Yes/No
High Blood Pressure	Yes/No
High Blood Cholesterol	Yes/No
Thrombosis Blood Clot	Yes/No
Haemophilia	Yes/No
Stroke	Yes/No
Epilepsy, Fainting or Dizziness	Yes/No
Diabetes	Yes/No
Asthma or Respiratory Illness	Yes/No
Osteoporosis (Brittle Bones)	Yes/No
Osteoarthritis	Yes/No
Neck or Back Pain	Yes/No
Hip Pain	Yes/No
Knee Pain	Yes/No
Ankle Pain	Yes/No
Any other Joint Injury (please specify)	Yes/No

Are you taking any of the following medication?

Diuretics	Yes/No
Insulin	Yes/No
Diabetic Pill	Yes/No
Epilepsy Medication	Yes/No
Heparin/Warfarin	Yes/No
Anti-Depressants	Yes/No
Other (please specify)	Yes/No

Do you smoke? Yes/No

Are you pregnant? Yes/No

Have you had a baby in the last 6 months? Yes/No

Have you had any major operations or bone fractures (give details)? Yes/No

Do you currently take regular exercise? Yes/No

Are there any other reasons you are aware of that may prevent you from exercising safely? Yes/No
If so, please specify

Clients suffering from asthma, diabetes or angina MUST ALWAYS have their medication with them and hand it to the instructor before commencing any exercise program.

A medical certificate must be presented at any time you are in doubt about your ability to engage in active or passive exercise.

I hereby acknowledge that the nature of the exercise I am about to undertake has been fully explained. Whilst I am aware that all care will be taken by the instructors, I do so at my own risk.

5. DECLARATION & PAYMENT DETAILS

Before signing this document, I have read, understand and hereby agree to the terms and conditions of gym entry as defined in this form and know that it affects my legal rights. And I hereby certify that the information in this application form is true and correct.

I agree to my application being approved by the committee before my membership being approved

I agree to pay the following gym entry fees: \$ _____

Signature: _____ **Parent/Guardian (if U/18 years):** _____ **Date:** ____/____/____