

MEMBERSHIP FORM



RHINOS GYMNASIUM
Elite Sports & Conditioning

Name :

Address:

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Membership Number

e-mail

Date of Birth Tel. No.

Emergency Contact & Tel. No.

Membership Type	<input type="checkbox"/> £4 Session	<input type="checkbox"/> £12 Weekly	<input type="checkbox"/> £28 Monthly	<input type="checkbox"/> £26 Monthly (Standing Order)	<input type="checkbox"/> £80 3 Months	<input type="checkbox"/> £150 6 Months	<input type="checkbox"/> £290 Annual
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Payment Method	<input type="checkbox"/> Cash	<input type="checkbox"/> Standing Order	<input type="checkbox"/> Card
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Membership Start Date Membership Expiry Date

I agree to pay the following fees: Total:

Before signing this document, I have read, understand and hereby agree to the terms and conditions of the membership as defined on the back of this membership form and know that it affects my legal rights .

Signed

Date

MEMBERSHIP TERMS & CONDITIONS

ACKNOWLEDGEMENT 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, that my personal property may be lost or damaged, that other persons participating in such activity may cause me injury or may damage my property, I may cause injury to other persons or damage their 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 RHINO'S GYMNASIUM LIMITED, that there may be no or inadequate facilities for treatment or transport of me if I am injured and that I assume the risk of and responsibility for any injury, death or property damage resulting from my participation in the activity.
- I have been shown how to use the machinery safely by a member of staff, or I can prove that I have previous knowledge and are capable of using it. It is my responsibility to train correctly and I do so at my own risk. RHINO'S GYMNASIUM LIMITED is not liable for any injuries caused by improper use of the gym equipment.
- I understand that exercise may be a risk to my physical health and safety if not done properly. I further understand that it is . RHINO'S GYMNASIUM LIMITED recommendation that you consult a physician prior to using any equipment on the premises, engaging in any exercise program or activity, or undertaking any food or diet program, whether or not such program is recommended by . RHINO'S GYMNASIUM LIMITED . I understand that neither . RHINO'S GYMNASIUM LIMITED nor the advice of any member of the RHINO'S GYMNASIUM LIMITED personnel is a substitute for medical advice.

Please read the questions carefully and answer each one honestly, circling the appropriate answer and adding information if necessary. Your responses will of course be kept in the strictest confidence.

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|--|-----------------------------|----|------------------|
| • Has your doctor ever said that you have had a heart problem? | | No | Yes |
| • In the past month have you had any chest pain when... | You were doing any activity | No | Yes |
| | You were resting | No | Yes |
| • Are you feeling unwell at present due to cold, etc | | No | Yes |
| • Do you suffer from any bone or joint problems? | | No | Yes |
| • In the past year have you had any major illness or major surgery? | | No | Yes |
| • Have you ever been diagnosed with... | Diabetes | No | Yes |
| | Asthma | No | Yes |
| | Epilepsy | No | Yes |
| | Other problems | No | Yes |
| • Are you currently taking medication for... | A heart condition | No | Yes |
| | Any other problems | No | Yes |
| • Are you pregnant? | | No | Yes |
| • Have you recently had a baby? | | No | Yes how long ago |
| • Do you ever... Lose your balance because of dizziness or lose consciousness | | No | Yes |

If you have answered YES to one or more questions we may need to contact your doctor before you can start to exercise.

If your health changes so that you may then answer YES to any of these questions, tell a member of staff as soon as possible.

RELEASE & INDEMNITY

- I participate in the activity at my sole risk and responsibility.
- I release, indemnify and hold harmless RHINO'S GYMNASIUM LIMITED, 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.

ADMINISTRATION

- Memberships are not refundable or transferable.
- All weights and equipment must be put back after use.
- Gym members are responsible for their membership card. Shared gym access with a non-member is not permitted.
- Each member must respect other gym users and behave in an appropriate manner at all times.
- RHINO'S GYMNASIUM LIMITED Staff reserve the right to rescind the rights of members not complying with the terms and conditions of their membership.
- RHINO'S GYMNASIUM reserves the right to refuse membership without reason.

I have read, understood and completed this form. Any questions that I had were answered to my full satisfaction.

Print name..... Signed..... Date.....