

# MEMBERSHIP FORM



1 Month [ ]  
12 Months [ ]

Name.....Date of birth...../...../.....  
Date of Joining...../...../.....  
Address.....  
.....  
.....  
Email Address.....  
Tel..... Next of kin.....

## Liability waiver

I, the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in any exercise program may be injurious to my health, am voluntarily participating in physical activity at Fat Al's Gym.

Having such knowledge, I hereby release Fat Al's Gym and namely Alastair Stewart from liability for physical injury or illness and any loss or damage to property which I may incur as a result of participating in the said physical activity within the premises. I hereby assume all risks connected therewith and consent to participating in said activity at Fat Al's Gym.

## Rules of Fat Al's Gym

You will have full access to the facilities provided during normal opening hours and you are responsible for keeping the area tidy and adhering to health and safety regulations act 1974.

You are not permitted to deface, damage or remove any property, equipment or building that is associated to Fat Al's Gym.

You will pay a monthly fee by way of standing order direct to Fat Al's Gym on the 1st of each month which will allow access to the gym until the end of that calendar month. If payment is not received on this date access will be denied until such time that this payment has been made.

In order to cancel your membership, you must give **one full calendar months' notice in writing** upon leaving Fat Al's Gym. It is **your responsibility** to cancel any standing order in place. **Any over-payments made to Fat Al's Gym will not be refunded as Fat Al's Gym has no way to cancel your standing order.** If you signed up to a 12 month contract you are liable to pay membership for 1 full calendar year before you are eligible to cancel your membership. If you leave before that date you are liable to pay for the remainder of the membership period in full.

Access will be given by way of a unique code to the locked entrance. A new code will be issued monthly as membership fees are received. There may be, at times, no member of staff on the premises. If you are the last person to vacate Fat Al's Gym it is your responsibility to turn off all lights, equipment and, to make sure that the door is fully secured and locked upon leaving. You may be liable for loss or damage if you fail to do so.

You will be required to sign in and out of Fat Al's Gym and Alastair Stewart reserves the right to use CCTV recording equipment. You are not permitted to bring non-members into Fat Al's Gym without prior permission from Alastair Stewart.

There is parking at the front of Fat Al's Gym. Cars must not be parked in a fashion that inhibits other cars from leaving or parking in designated spaces. You may have access to the car park adjacent to Nauticalia outside of 9am-5pm Monday to Friday. You must also be respectful to other businesses in the locality and not block any rite of passage.

You may not use the gym whilst under the influence of alcohol, narcotics, tranquilizers or any medication or other substance which may affect your ability to exercise safely. Fat Al's Gym reserves the right to remove you from the premises if it reasonably believes you are unfit to use the facilities.

Please can you ensure that you put your weights back in their original place when finished, failure to do so may result in your membership being terminated.

Please do not misuse the weights by dropping them on the floor, failure to do so may result in your membership being terminated.

You must not behave in an aggressive, abusive, anti-social or threatening manner to any staff or member, any one doing so will have their membership terminated immediately and Fat Al's Gym reserves the right to contact the Police if deemed necessary.

By accessing the gym and using the gym equipment members are deemed to have read and understood the terms and conditions of membership.

Any persons found not to be adhering to any of the above rules will have their membership revoked and any payment forfeited.

#### **Physical Activity Readiness Questionnaire**

Height: -                      Weight: -                      Blood Pressure: -

Has your doctor ever said you have a heart condition, and you should only do physical activity recommended by a doctor? **Y / N**

Do you feel pain in your chest during physical activity? **Y / N**

In the past month have you had any pain in your chest when not doing physical activity? **Y / N**

Do you ever lose balance due to dizziness or do you ever lose consciousness? **Y / N**

Do you have a bone or joint problem (back, hip, and knee) that could get worse with physical activity? **Y / N**

Is your doctor currently prescribing you any drugs for your blood pressure or heart condition? **Y / N**

Do you suffer from asthma, diabetes or epilepsy? **Y / N**

Are you pregnant or have given birth in the last 3 months? **Y / N**

Do you know of any other reason why you should not do any physical activity? **Y / N**

If yes to any answers, please describe: -

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

Signature:.....Date...../...../.....

Fat Al's Gym will retain to the information you have entered onto this form and the storage is compliant with GDPR regulations. No information will be passed to third parties. By joining the Fat Al's Gym your email address will automatically be included on to our mailing list for our newsletter. If you wish to opt out of this please tick the box [ ]