

# Personal Health Statement



Your health is your responsibility. The management and staff of this organisation are dedicated to helping you take every opportunity to enjoy the facilities that we offer. With this in mind, we have carefully considered what we can reasonably expect of each other.

## Our commitment to you

1. We will respect your personal decisions, and allow you to make your own decisions about what exercise you can carry out. However, we ask you not to exercise beyond what you consider to be your own abilities.
2. We will make every reasonable effort to make sure that our equipment and facilities are in a safe condition for you to use and enjoy.
3. We will take all reasonable steps to make sure that our staff are qualified to the fitness industry standards as set out by the Register of Exercise Professionals.
4. If you tell us that you have a disability which puts you at a substantial disadvantage in accessing our equipment and facilities, we will consider what adjustments, if any, are reasonable for us to make.

## Your commitment to us

1. You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with you exercising safely, before you use our equipment and facilities you should get advice from a relevant medical professional and follow that advice.
2. You should make yourself aware of any rules and instructions, including warning notices, and follow them. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
3. You should let us know immediately if you feel ill when using our equipment or facilities. Our staff members are not qualified doctors, but there will be a person available who has had first aid training.
4. If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

This statement is for guidance only. It is not a legally binding agreement between you and us and does not create any obligations which you or we must meet.

Name: \_\_\_\_\_

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

# Terms and conditions



## Terms of membership

The Gym shall be operated as a propriety club owned by Procter & Gamble located at The Heights, Weybridge, KT13 0XP. The Gym will be administered by 3d Leisure. The owner shall solely determine the facilities of the club; any amendment or replacement shall be at the owner's discretion.

It is the aim of The Gym is to provide a pleasurable part of your leisure time. To that end we have put together, some simple "terms of membership" which we hope will ensure all members are able to enjoy the club safely and without being inconvenienced.

We welcome all members' comments and suggestions.

## Access

1. Entry will be refused to anybody under the influence of drugs or alcohol.
2. Appropriate clothing and footwear must be worn in the club. Outdoor shoes must not be worn in the gym and studio areas.
3. No animals are permitted in The Club, other than guide dogs
4. The club will be open from 7am to 7pm (Monday to Friday). These hours may vary during Bank Holidays, Christmas, New Year and Easter.
5. Last entry is 30 minutes before closing. Members need to have finished their workout (on gym floor or in studios) no later than 15 minutes before closing time.
6. 3d management reserve the right to close the club without any prior notice. Whenever possible, advanced warnings will be provided.

## Health & Safety

1. Prior to using the gym, a Personal Health Statement must be read and signed.
2. All users must complete a gym induction with the fitness team prior to using the facility.
3. Neither Smoking nor vaping is permitted anywhere in the Club.
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## Administration

1. The club fees and tariffs shall be determined by the owner and may be altered at any time. Members will be notified in advance of any changes.
2. The club reserves the right to terminate the membership of any member without notice in the event of a member committing a serious breach of the clubs terms of membership.
3. On cancellation or termination of membership, no refund will be made.
4. All members who wish to cancel their membership must do so in writing giving notice by 15th of the month. Should this process not be adhered to the club will automatically deduct a further month's membership fee.
5. Membership cards are only for use by the member and are not transferrable under any circumstances.

## Other Terms

1. Lockers should only be used for storage of personal belongings.
2. Property is stored at the owner's risk and the club will accept no liability for loss or damage.
3. Lockers have been programmed to open automatically after 3 hours of continued use, any content left in a locker will be removed by The Gym team and held in lost property. The club reserves the right to dispose of any items not claimed within 4 weeks.
4. The club reserves the right to amend these terms at its absolute discretion. Notification of changes will be displayed on the website.

## Membership

1. All members will pay a subscription beginning when the member is accepted for membership and shall be payable by monthly payments. It will be debited from the members bank account by monthly direct debit
2. All members agree to pay £15.00 per month.
3. Classes can be booked one week in advance. Should you not attend classes for 3 consecutive occasions without giving notice you will lose the opportunity to book a class for one week.

## Data Protection Act

1. We take the privacy of our members seriously and have a data protection policy to support this. This statement explains the ways in which we use your personal information. If you have any queries with regard to our processing please contact us on 01252 732220
2. We collect personal information from you through the membership form and your use of our facilities. The information we collect may relate to your physical health or condition.
3. We use your personal information for the purpose of providing and personalising our membership services and providing you with information about products and services offered by us or our business partners and third parties.

I confirm that I have read the above terms and conditions and agree to abide by them:

Print Name: \_\_\_\_\_

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