

STAFF MEMBER _____

FOB NUMBER _____

STAFF ONLY

MEMBERSHIP TYPE: (please tick)

- ☐ Direct debit - \$ _____ p/f \$ _____ Joining Fee
☐ Paid in full - 1w / 2w / 1m / 3m / 6m / 12m
☐ Fitness Passport - Number: _____

MEMBER DETAILS

MR MS MRS MISS DR

FULL NAME _____ D.O.B. ____/____/____

OCCUPATION _____ ADDRESS _____

SUBURB _____ POST CODE _____

PH:(DAY) _____ MOBILE _____ EMAIL _____

NAME OF EMERGENCY CONTACT: _____ PH: _____

BSB: ____ - ____ - ____ ACC: _____ OR

Credit Card: ____ - ____ - ____ - ____ - ____ Expiry: ____/____ CVC: ____

First Debit: ____ / ____ Direct Debit Agreement Signature: _____

INDEMNITY I _____ understand that as part of this assessment

- I acknowledge that Fitness 4U recommends I seek medical advice prior to undertaking an exercise program and that I may also require a doctor's certificate before commencement of a program.
- I will be asked personal medical questions and asked to perform a series of tests, and that the results are only an indication of my health and fitness
- The Gym instructor has no expertise in the field of medicine nor are they trained to detect serious medical problems and that if a medical problem concerns me that I will consult my doctor.
- Please be aware that during your term of membership, it will be necessary to inform your instructor of any change in physical condition, e.g. pregnancy or injury that may require a change in exercise intensity.

Signature _____ Date _____

WHERE PARTICIPANT IS UNDER 18 YEARS OF AGE

I _____ being the Parent/Guardian of the person named in this indemnity

HEREBY ACKNOWLEDGE AND AGREE:

- I have read the indemnity and understand it.
- I consent to the person named in this indemnity participating in the activity and I am aware of the risks, dangers and obligations set out above in the indemnity.
- I consent the named person, if/when over the age of 16, full 24/7 access without parent/guardian supervision.

IN CONSIDERATION of the person named in this indemnity being accepted to participate in the activity I AGREE TO THE RELEASE AND INDEMNIFY of the fitness instructor at Fitness 4U in the same manner and to the same effect and extent as if I were the person first named in the indemnity participating in the activity.

Parent/Guardian Signature _____ Date _____

ADULT PRE-EXERCISE SCREENING TOOL

This screening tool does not provide advice on a particular matter, nor does it substitute for advice from an appropriately qualified medical professional. No warranty of safety should result from its use. The screening system in no way guarantees against injury or death. No responsibility or liability whatsoever can be accepted by Exercise and Sports Science Australia, Fitness Australia or Sports Medicine Australia for any loss, damage or injury that may arise from any person acting on any statement or information contained in this tool.

Name: _____

Date of Birth: _____ Male ☐ Female ☐ Date: _____

STAGE 1 (COMPUSORY)

AIM: to identify those individuals with a known disease, or signs or symptoms of disease, who may be at a higher risk of an adverse event during physical activity/exercise. This stage is self administered and self evaluated.

Please circle response

- | | | | |
|----|--|-----|----|
| 1. | Has your doctor ever told you that you have a heart condition or have you ever suffered a stroke? | Yes | No |
| 2. | Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise? | Yes | No |
| 3. | Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance? | Yes | No |
| 4. | Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months? | Yes | No |
| 5. | If you have diabetes (type I or type II) have you had trouble controlling your blood glucose in the last 3 months? | Yes | No |
| 6. | Do you have any diagnosed muscle, bone or joint problems that you have been told could be made worse by participating in physical activity/exercise? | Yes | No |
| 7. | Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/exercise? | Yes | No |

IF YOU ANSWERED 'YES' to any of the 7 questions, please seek guidance from your GP or appropriate allied health professional prior to undertaking physical activity/exercise

IF YOU ANSWERED 'NO' to all of the 7 questions, and you have no other concerns about your health, you may proceed to undertake light-moderate intensity physical activity/exercise

I believe that to the best of my knowledge, all of the information I have supplied within this tool is correct.

Signature _____ Date _____

MEMBERSHIP AGREEMENT AND TERMS OF USE FOR FITNESS 4U (ALL FACILITIES).

1. ACCESS:

1.1 MEMBERS MUST NOT ALLOW ACCESS TO NON-MEMBERS OR MEMBERS WITH DENIED ACCESS.

1.2 Fitness 4U only grants members 24 hour access to its Facilities. No member is permitted to bring a non-member or children into the Club during any periods of unstaffed hours.

1.3 Though such behaviour is strictly prohibited, any member who brings a non-member into the Club during unstaffed hours acknowledges that:

- a. The member accepts full responsibility and undertakes to assume full liability personally for any injury, loss or damage caused to the non-member and for any property damage and/or other damage caused by the non-member whether or not caused through negligence of Fitness 4U;
- b. A \$100.00 non-compliance fee will be charged to the member's nominated bank account or credit card;
- c. Should the member re-offend, their membership will be terminated effective immediately with a \$150.00 non-compliance fee charged to the member's nominated bank account or credit card;
- d. The re-offending member will be prohibited from re-joining Fitness 4U.
- e. Unless a member has signed and acknowledged this agreement for use during unstaffed hours – access during unstaffed and/or outside standard Fitness 4U staffed trading hours is strictly prohibited.

2. FINANCIAL:

2.1 If a member has an over-due account, access during unstaffed hours will be denied. In order to gain access, the member must contact Fitness 4U during staffed hours and arrange for the outstanding to be paid in full together with a month in advance payment.

2.2 Members will incur a \$10 dishonour fee by our debiting company ClubFit if a direct debit payment dishonours.

2.3 Any unpaid over dues will be sent to debt collection if the member fails to rectify their outstanding account.

3. UNDER 18 YEARS:

3.1 Members under the age of 18 will not be permitted use during unstaffed hours without consent from a parent/guardian.

3.2 Members under 16 years can only use the gym out of staffed hours if they are supervised by a parent/guardian who also has a Fitness 4U Membership and 24 hour access.

3.3 Any damage to property belonging to Fitness 4U caused by a member under the age of 18 years becomes the joint and severable responsibility of both the member and his/her parents/guardian as consent binds the member and the member's guardian.

4. UNSTAFFED HOURS:

4.1 Fitness 4U operates on a 24 hour basis and is accessible by members during unstaffed hours.

As a member utilising the facilities you acknowledge that you enter and use the facilities at your own risk.

4.2 If you feel there is a risk to your personal property, health and safety or you have any other concerns regarding the undue effect of exercising in an unstaffed facility, then DO NOT sign this Agreement.

4.3 Fitness 4U reconfirms paragraph 10 of the Conditions of Membership.

5. STAFFED HOURS:

5.1 The staffed hours for Fitness 4U are displayed at the entrance to the Club. Fitness 4U reserves the right to make amendments to staffed hours at any time without notice but where possible Fitness 4U management will endeavour to provide at least 24 hours' notice and such notice will be posted at the reception area.

5.2 Reduced staffed hours may apply to but not limited to public holidays and over holiday periods.

6. VIDEO SURVEILLANCE:

6.1 For security purposes, Fitness 4U uses video surveillance to monitor the Club on a 24 hour basis. By signing this agreement you agree that by accessing the facility you will be subject to video surveillance and recording.

6.2 Video surveillance is limited to the floor area only, and is not within the walls of the bathrooms or change rooms.

6.3 No member shall at any time by invitation or otherwise enter the bathroom/toilet areas which they are prohibited from entering.

7. PANIC ALARMS:

7.1 Panic Alarm(s) have been installed for your safety.

7.2 Panic alarms are to be used in an emergency situation ONLY. When activated, the alarm will contact all Emergency services (Police, Ambulance and Fire).

7.3 If the alarm is activated when there is no emergency or a reasonable risk of emergency then this person will be responsible for payment of any fines that may be issued from an Emergency service(s).

8. DISTRESS ALARM LANYARDS (IF AVAILABLE):

8.1 Distress Alarm Lanyards are located in the gym.

8.2 Distress Alarms are to be used in an emergency situation ONLY. When activated, the alarm will contact management who after checking the cameras will call the appropriate emergency service.

8.3 A deliberate false alarm will incur a \$50.00 non-compliance fee.

8.4 Failure to return a Distress Alarm Lanyard will result in a fine of \$100.00.

9. FOB SYSTEM:

9.1 Lost or stolen fobs are to be reported to Fitness 4U immediately upon the member becoming aware the fob has been lost/stolen. Replacement fobs will be available for purchase (\$20) at reception.

10. PROHIBITED ITEMS AND ACTIVITIES:

10.1 No Alcohol, Drugs, or Smoking: - You cannot engage in any activity at Fitness 4U while under the influence of illegal drugs or alcohol. Fitness 4U does not permit smoking, alcohol, or illegal drugs, including steroids, in the facility.

10.2 No Weapons: - No weapons of any kind are permitted in Fitness 4U.

10.3 Personal Training: - No member may train another member for compensation. If Fitness 4U determines that such training occurs, the trainer and/or trainee may lose their membership.

10.4 No Solicitation: - Any solicitation within Fitness 4U is absolutely forbidden. This includes, for example: solicitation for profit, political purposes or any other reason; use of petitions; distributing or posting leaflets, notices or advertising in the Club; or leaving multiple copies of leaflets or other papers in any club.

10.5 Damage or Carelessness with Fitness 4U Property: - Damage or theft to Fitness 4U property may be reported to the police. The cost of replacing or fixing such property will be payable by the person.

10.6 No animals are to be brought into the gym or restrained within 5 metres of the downstairs gym area except for guide dogs.

11. CONDUCT:

11.1 Fitness 4U does not permit and will not tolerate any inappropriate conduct whether it's during staffed hours or not. Such conduct includes, but not limited to, using loud, abusive, offensive, insulting, demeaning language, profanity, lewd conduct, nudity, any conduct that is violent, harassing, or is bothersome to members, guests or staff.

11.2 Members are to be dressed in appropriate sports attire at all times.

a. Closed-top athletic shoes are required. No dress shoes, boots, steel caps, thongs or sandals are permitted,

b. Appropriate shorts/pants and shirt/singlet are to be worn at all times.

12. VIOLATION OF POLICIES OR RULES:

12.1 If any of the Policies or Rules are violated then Fitness 4U, in its sole discretion, may charge a non-compliance fee and/or suspend or terminate that person's membership.

13. CANCELLATION:

13.1 30 day's **paid** notice is required if the member wishes to cancel their membership, the member must fill out a membership exit form and pay 2 final debits, in which the member still has full 24/7 access to Fitness 4U during this time. This form must be completed in person at the gym & cannot be emailed/messaged/posted.

13.2 If the member does not complete a membership exit form and pay the final 2 debits their membership will not be cancelled and payments will keep accruing.

13.3 If the member is in arrears with their payments their membership will not be cancelled until all arrears are cleared and final 2 debits are paid.

14. POOL (TRARALGON):

14.1 The Traralgon pool is unsupervised by a Lifeguard. Entry to the pool is at members own risk.

14.2 Members must abide by all pool rules and take note of all relevant signage.

14.3 Access to the pool is only during staffed hours. The pool is not open 24/7.

15. SAUNAS:

15.1 Entry into the sauna is at members own risk.

15.2 Members must abide by the sauna rules and take note of all relevant signage.

15.3 Access to the sauna is only during staffed hours. The saunas are not on 24/7.

16. RISK:

16.1 All members agree to use the facility and all of its equipment, classes, programs, sauna and pool at their own risk.

I, _____ agree to these terms and conditions of use at Fitness 4U (All Facilities)

Signed _____

Date: _____