



Membership Form

Name:

Email Address:

Phone number:

Emergency contact:

Date of birth:

Personal Trainer name:

TERMS & CONDITIONS

Please be aware that there are no refunds for any of the memberships. If for any reason you are unable to attend (injury, illness or relocation) membership may be transferred to another person of your choosing.

As a member, all rules and regulations must be followed to maintain membership status. This is to help uphold the quality of the facility and everyone within it.

Norfolk Health & Fitness reserve the right to revoke membership if there are issues including but not limited to:

- Disrespect of the gyms staff or other members.
- Safe and correct use of equipment & facilities.
- Not putting weights and equipment away after use.

I understand that there are risks and dangers of physical activity and that the gym may not be manned at all periods. I am aware that I am responsible for my own safety inside of the gym and have read and signed a PAR-Q form (see attached).

Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?	
Do you feel pain in your chest when you do physical activity?	
In the past month, have you had chest pain when you were not doing physical activity?	
Do you lose your balance because of dizziness or do you ever lose consciousness?	
Do you have a bone or joint problem (e.g. back, knee or hip) that could be made worse by a change in your physical activity?	
Is your doctor currently prescribing drugs (e.g. water pills) for your blood pressure or heart conditions?	
Do you know of any other reason why you should not do physical activity?	

PAR-Q:

Physical activity readiness questionnaire

If you answered YES to one or more questions; talk with your doctor by phone or in person BEFORE you start becoming more physically active.

If you honestly answered NO to all questions, you can be reasonably sure that you can start becoming more physically active.

Please note: If your health changes so that you then answer yes to any of the above questions, you must inform a member of staff.

Name:

Signature:

Date: