

MEMBERSHIP APPLICATION FORM

TEL: 01424 458379

EMAIL: gym@sussexcoast.ac.uk



Postal Address: Station Plaza Fitness, Sussex Coast College Hastings, Station Approach, Hastings, East Sussex TN34 1BA

PERSONAL DETAILS

*You will need to provide a form of photographic ID to complete the application process.

First Name:

Surname:

Gender:

Date of Birth:

Postal Address:

CONTACT INFORMATION

Mobile No.:

Home/Work #:

*Email Add:

Next of Kin:

NOK Number:

*By providing your email address you will be subscribed to our mailing list and allow us permission to occasionally contact you with important news and updates, special offers, upcoming events and more.

MEMBERSHIP PLAN

MEMBERSHIP TYPE	TERMLY	DIRECT DEB	PAYROLL	ANNUAL
Sussex Coast College Student		<input type="checkbox"/>	<input type="checkbox"/>	
Non-Sussex Coast College Student	<input type="checkbox"/>		<input type="checkbox"/>	
Sussex Coast College Staff	<input type="checkbox"/>			
General Public/External	<input type="checkbox"/>		<input type="checkbox"/>	
Corporate	<input type="checkbox"/>		<input type="checkbox"/>	

OTHER

Start Date:

Induction Fee (£5) paid:

Amount to pay on registration (£):

Outstanding payments (£):

Photograph taken:

Proof of photographic ID*:

How did you hear about us?

PAR-Q

A Physical Activity Readiness Questionnaire (PAR-Q) is designed to help you help yourself. Many health benefits are associated with regular exercise, and the completion of a PAR-Q is a sensible first step to take if you are planning on increasing the amount of physical activity in your life. For most people physical activity should not pose a problem of hazard. PAR-Q has been put together to identify the small number of people for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable to them.

Please read each question carefully and answer with the best match.

Please note: If you answer **YES** to any of the following questions, we recommend that you should receive medical clearance before starting any fitness programme or leisure activity by your GP or specialist.

.....
Do you suffer from heart or chest pains?
.....

Have you recently suffered from blackouts, fainting or dizziness?
.....

Are you asthmatic?
.....

Do you have bone, joint or back problems?
.....

Has your doctor ever recommended medication for your blood pressure or heart condition?
.....

Are you currently taking any medication for a diagnosed medical condition?
.....

Have you ever had any surgery or operations in the last three months?
.....

Do you have any illness or injury which may be aggravated by regular exercise?
.....

Are you epileptic?
.....

Are you over the age of 65 and not accustomed to vigorous exercise?
.....

Are you pregnant or have you had a baby in the last six months?
.....

If you have answered YES to any of the above questions, please provide details below:

.....
Would you be interested in personalised fitness & nutrition plan or 1-1 personal training?
.....

What are your main fitness goals? Please tick all that apply.

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CONTRACT AGREEMENT

When paying instalments by debit/credit card or direct debit, fees will be collected on the 1st working day of each month in advance. When setting up a card instalment plan fees will be collected for the current and the subsequent month. For direct debit plans, we require at least one month's payment in advance to allow the direct debit to be set up. If paying by salary deduction, by signing this form, you agree to the monthly fee being deducted from your salary.

All members accept responsibility to pay all annual, monthly or termly membership fees irrespective of actual usage of the gym. The College reserves the right to exclusion or termination of membership due to conduct or non-payment of fees. The College reserves the right to increase membership fees. If paying by Card instalments or Direct Debit, the College will continue to take monthly instalments unless written notice is received by the College either requesting termination of membership, or after provision of a different appropriate payment method. Memberships are non transferable. Memberships are non-refundable, an appeal may be submitted in writing to the College, whose decision will be final.

One months notice is required to terminate a membership.

I understand that there are risks inherent with physical exercise and I know of no reason to partake in such. I understand that I should exercise to my own ability. Also, should I feel unwell, faint or dizzy or become injured at any time I should stop immediately and inform a member of staff.

I agree to follow instructions given to me by the staff and to observe the college rules and any other written notice regarding safety whilst at the facility. Members may be asked to alter their technique for their own and other people's health and safety. Sports clothing, including suitable footwear must be worn and no jeans or baggy clothing as they may cause injury.

The College accepts neither responsibility nor liability for an injury caused to any person, including fatality, or loss or damage caused to property. The College accept no responsibility for any items left in the building or surrounding areas. Personal property is the responsibility of the owner at all times.

Members are kindly requested to produce their membership cards prior to using the facility and when applying for a gym membership must show a form of photographic ID.

Under the terms of the data protection act 1984, we are required to inform you that membership information is held on our database for information purposes only.

Any dispute which may arise in regards to the interpretation of these rules shall be determined by the management whose decision shall be final and binding for all members. The gym may at any time, on reasonable notice revise or add to the rules.

Irresponsible behaviour or language will not be tolerated and may result in being asked to leave the facility.

***Please sign in the box provided to confirm that you have read, understood and agree to the above contract.**

Your signature:

Signed on behalf of SPF:

***Proof that the membership holder has read, understood and agreed to the above contract of agreement.**
(Office copy)

Your signature:

Signed on behalf of SPF:

RULES OF USAGE

The rules of usage in the gym are put together for the benefit of yourself, Staff and anyone else using the Station Plaza facilities. We advise that everyone follows these rules to keep the gym a clean and friendly environment. We appreciate your cooperation.

- **Always bring your membership card when visiting the gym; you will need it to get into the premises.**
- **You will need your membership card to get a locker key.**
- **When entering the college please show your membership card.**
- **On entering the gym please sign in on the front desk.**
- **Please do not swear or use abusive language in the gym. You will be asked to leave the premises.**
- **Wear suitable clothing and shoes. No jeans to be worn when using the gym equipment.**
- **Please return equipment to where it belongs, this is to ensure the gym stays tidy.**
- **Always clean machines after use with the blue roll provided.**
- **Do not run around in the fitness centre.**
- **Do not shout or be overly noisy.**
- **Use the equipment and machines properly to prevent injury.**
- **Please be courteous to staff and other members whilst working out.**
- **No food allowed in the weight area.**
- **You are responsible for your personal belongings. Staff are not responsible for lost belongings.**
- **Please do not touch the stereo or staff computer.**

Thank you.