



Hornsby Aquatic and Leisure Centre

APPLICATION FOR **SWIM + GYM MEMBERSHIP**

Name: _____

Address: _____

_____ Postcode: _____

DOB: _____ Email: _____

Telephone: _____ Mobile: _____

Emergency contact person name: _____

Relationship to you: _____

Emergency contact person telephone or mobile: _____

Please indicate if you suffer from or have recently suffered any of the following conditions:

- | | |
|--|---|
| <input type="checkbox"/> Any heart or stroke conditions | <input type="checkbox"/> Hernia |
| <input type="checkbox"/> Family history of heart disease or stroke | <input type="checkbox"/> Epilepsy or fits |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Fainting attacks |
| <input type="checkbox"/> Pain or tightness in the chest | <input type="checkbox"/> Back problems |
| <input type="checkbox"/> Difficulty in breathing or chronic cough | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Diabetes | |

Have you ever had any injury, illness, back or joint conditions that may be aggravated by vigorous exercise?
If yes, provide details.

YES NO

Do you have any other medical conditions that we should know about? If yes, provide details.

YES NO

Are you pregnant?

YES NO

If you have answered yes to any of the above, for your own safety we urge you to provide a medical certificate before using the Centre.

Conditions of entry

To ensure this Gym is a friendly and enjoyable place for people to exercise, please be mindful of the following conditions of entry:

- Please wear training shoes and appropriate gym attire at all times
- Please replace weights after use
- Please do not drop the weights
- Remember to always use a towel
- Keep your membership card or receipt of entry payment handy in case Centre staff need to see it
- Please don't bring food into the gym
- Please respect the rights of others and don't use abusive, disruptive or offensive language or act in an offensive manner
- Children under the age of 16 years are not permitted in the gym unless granted prior permission by Centre Management

Pool Closure

- Management reserves the right to close the 50 m outdoor pool to the public for scheduled events

Staff are here to ensure the Centre is a safe place

- Patrons must comply with the Conditions of Entry of the Centre. Failure to comply may result in expulsion from the Centre
- No personal training or coaches unless prior arrangements have been made with Centre Management

Risk warning

You acknowledge and agree that:

- Your participation in exercise at the Centre is a recreational activity which involves a risk of physical harm, injury or damage to you
- Physical harm that might arise from your participation in exercise or use of any equipment at the Centre includes, but is not limited to bone/joint/muscle breakages, sprains and strains, bruising, concussion, cuts and abrasions, dehydration, dental damage, joint injuries, nose injuries and stress fractures
- The degree of risk and extent and type of physical harm, injury or damage may vary depending on the nature of the exercise or activity involved in
- You must not use Centre facilities or participate in Centre activities if such use or participation will adversely affect your physical or mental wellbeing
- The Centre is in no way responsible for determining whether you are physically or mentally able to use the facilities or participate in exercise
- You have made the necessary enquiries and received the necessary medical advice to ensure your use of the Centre facilities and participating in exercise will not in any way adversely affect your health or wellbeing (physical or other)

Release and indemnity

- You have read and understood this membership application form and hereby exempt, release and discharge the Centre, its servants, agents and contractors from liability for any injury or damage to your personal property as a result of your use of or participation at the Centre
- You, your heirs, executors and administrators, waive all and any right or cause of action which you or they might otherwise have arising out of the loss of your life or injury and damage, or loss of any description whatsoever which you may suffer
- You indemnify the Centre from any or all actions or liability in any way the result of your conduct whilst at the Centre

Signature: _____