

Membership Number:	
Induction Date:	
Induction Time:	
Wear Gym Gear	

First Name (s)	Surname
Date of Birth	Gender
Address	
Post Code	Mobile
Email Address	
How did you hear about us?	

Emergency Contact Name	
Emergency Contact Number	

If you answer yes to any of the health questions below please seek medical clearance from your doctor or specialist before beginning any fitness activities. Please Circle

Have you ever had any heart problems?	Yes	No
Have you ever had any chest pains?	Yes	No
Have you recently experienced blackouts or fainting?	Yes	No
Do you have high blood pressure?	Yes	No
Do you have any bone, joint or back problems?	Yes	No
Are you currently on any medication which could affect physical activities?	Yes	No
Have you had any surgery/operations in the last 6 months?	Yes	No
Do you have any illness or injury which may be aggravated by physical activity?	Yes	No
Are you pregnant or have had a baby in the last 6 months?	Yes	No

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

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The Disability Discrimination Act 1995 defines a disabled person as anyone with ‘physical or mental impairment that has a substantial and long-term adverse effect upon his/hers ability to carry out normal day-to-day activities’.

Would you consider yourself to have a disability?	Yes	No	Prefer not to say
If yes, what is the nature of your disability?			

Member terms and conditions of health and physical activity and disclaimer

- You warrant, declare and acknowledge that the information given by you in entering this agreement is truthful as we will base all actions on this.
- To the best of your knowledge and belief, you are in good health and not knowingly incapable of engaging in either active or passive exercise and that such exercise would not be detrimental to your health, safety, comfort, wellbeing or physical condition. Furthermore, that you will advise us immediately should any of your information change that may affect your health.
- Our staff are not medically trained and should you have any concerns with your health, wellbeing and fitness, you should seek independent medical advice before engaging in any physical activity on our premises.
- You are primarily responsible at all times for your health and wellbeing during physical exercise. Solent Sport cannot be held responsible for injury or death with misuse of equipment and facilities. At Solent Sport we strive to give members the best experience possible. To that end we consider that we expect this from staff and members.

Abiding by the centers rules and procedures

- You will ensure to maintain a safe environment for you to enjoy exercise for e.g. returning your weights to designated racks.
- While we respect how you train and this is fully your decision, we do hold right to ask you to stop if we feel this is beyond your physical capabilities or outside equipment’s strength range.
- Sportswear to be worn at all times including inductions e.g. T-shirt, shorts, jogging bottoms and trainers. Access will be revoked if sportswear is not worn.
- You have read and understood this agreement and all of its Terms and Conditions before accepting them below. This agreement will become binding upon both parties once you have agreed and signed this form.

It is Southampton Solent University’s policy not to release your personal data to third parties unless; you have given your explicit consent, there is a legal or academic requirement to do so, or for the purpose of the University’s debt recovery. It is normal University practice to use photographs and video footage of students to promote best practice on its internal and external publications, including the internet. The University also uses external agencies to assist with its marketing processes. If you have any objections to this please contact Solent Sport on 02380 319277. Solent Sport is not responsible for any damage, or loss caused by participation in a physical fitness programme, or leisure activity. Solent Sport does not issue refunds on memberships under any circumstances. I have read and understood the Solent Sport code of conduct and shall comply with it. If you require wheelchair access or any other assistance please inform our staff.

Please Note: Refunds cannot be issued for inductions or membership. If you are unable to attend your induction, we need notice before 9am on induction day. Failure to do so will result in loss of deposit. Should you lose your card, there will be a charge of £5.00 for a replacement.

I agree to wear appropriate gym clothes at all times. Please circle	Yes	No
I agree to these terms and conditions and Disclaimer. Please circle	Yes	No
Date	Signature	

INDUCTION DATE		INSTRUCTOR SIGNATURE	
INPUT DATE		RECEPTION SIGNATURE	