

SECTION 1: Pre-activity Questionnaire

1) Have you been told by a doctor not to participate in strenuous activity or lift weights?

☐ Yes

☐ No

If you answered "Yes" or "other" please give details:

2) Are you currently affected (or have been previously) by any of the following conditions?

☐ Yes

☐ No

<input type="checkbox"/> Asthma	<input type="checkbox"/> High Cholesterol	<input type="checkbox"/> Epilepsy
<input type="checkbox"/> Hernia	<input type="checkbox"/> Heart Trouble	<input type="checkbox"/> Arthritis
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Stroke	<input type="checkbox"/> Muscular Injury
<input type="checkbox"/> Blood Disorders	<input type="checkbox"/> Respiratory Disorders	<input type="checkbox"/> Skeletal Injury
<input type="checkbox"/> Back Problems	<input type="checkbox"/> High/Low Blood Pressure	<input type="checkbox"/> Other

If you answered "Yes" or "other" please give details:

3) Do you any other medical condition or injury that may impact your use of the gym?

☐ Yes

☐ No

If "Yes" please comment:

4) Do you need to be supervised while in the gym or while using gym equipment?

☐ Yes

☐ No

If "Yes" please seek assistance from the gym manager before using the facility.

5) Do you require an induction before using the gym?

☐ Yes

☐ No

If "Yes" please request an induction from the gym manager before using the facility.

SECTION 2: Terms and Conditions for the use of the Club Gym

1. I agree that the gym is for the use of full financial patrolling members only and not the public, family, or friends.
2. I agree to use my own access fob when entering and exiting the gym and understand that all access is recorded.
3. I agree not to lend my access fob to non-patrolling members including family, friends, or other parties.
4. I agree that access to the gym is subject to my adherence to 'Terms and Conditions for the use of the Club Gym' and that my gym access may be restricted or revoked at any time by the gym supervisor or club committee.
5. I agree that the 'access fob fee' is non-refundable and waive any rights to a refund if my access is restricted or revoked.
6. I agree not to remove equipment from the gym or to damage anything while in the facility.
7. I agree to bring a towel and wipe equipment down after use.
8. I agree to switch off lights, close roller door, windows, and front door if I am the last person in the gym before leaving.
9. I agree to use collars and a spotter when performing heavy weight-lifting exercises.
10. I agree to put weights and equipment away after use and leave the gym in a tidy and hygienic state.
11. I agree not to bring a dog, other pet, or children into the gym at any time.
12. I waive all claims or causes of action which I might otherwise have arising out of loss or life or injury, damage or any other loss, which I may suffer in the course of or consequent upon my entry or participation in activities in the gym.
13. This waiver, release and discharge shall operate separately in favor of any person involved in the ownership and/or operation of the Gym. The waiver shall operate whether or not the loss, injury or damage is attributable to the act or neglect of any one or more of such persons.
14. I acknowledge that I will comply with any reasonable direction of the officials and staff of the Club in relation to:
 - (a) entry and exit to and from the Gym
 - (b) the use of the facilities and equipment in the Gym
 - (c) my behavior and conduct whilst on the premises
15. I acknowledge that I have sole responsibility for my personal possessions and athletic equipment whilst at the Gym or during its related activities.
16. I consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness whilst on the premises. It is suggested that all persons seek medical advice and obtain a medical clearance prior to engaging in physical exercise.
17. I am aware that the use of the Gym and its facilities may involve strenuous activity that can be physically demanding and that exercise and the equipment used is potentially dangerous.
18. I agree that I am in a good state of health and I am medically fit to use the gym facilities and there is no medical reason to prevent me from proceeding with the use of the gym facilities without endangering my health.
19. I agree to conduct myself in an orderly and proper manner and not engage in conduct, which could cause harm, create a hazard or nuisance to other members.
20. I acknowledge that the club cannot warrant the safety and suitability of the Gym equipment.
21. I hereby assume all risks associated with the use of the use of the premises and facilities.

SECTION 3: Declaration

I, _____ declare that I have no medical condition that would involve a risk to me or other users in my use of the gym. I also acknowledge that this agreement is legally binding, and I have read all the Terms and Conditions outlined.

Name: _____
Or guardian (if <18y/o)

Signed: _____

Date: _____

Witness: _____

Signed: _____

Date: _____