



MEMBERSHIP APPLICATION FORM

1. Personal Details

Full name:.....

Room No:

Date of birth:

Email:

Mobile Tel:

Student / Staff / Fellow / Other:

.....

2. Society Membership

Are you a member of the college boat club?

.....

If a member of a University or College Sports club/ society, please specify

.....

3. Gym Induction

I confirm I have inducted the above named individual on instruction on use of the gym:

Date:.....

Signature of gym officer:.....

4. Your Health

Please read the following questions carefully and answer each one honestly, deleting as appropriate or adding information if necessary. Responses are confidential. Have you ever had any history of the following?

Y/N Heart problems

Y/N Pain in chest when exercising

Y/N Low Blood pressure

Y/N High Blood pressure

Y/N Any breathing difficulties or asthma

Y/N Diabetes

Y/N Fainting spells

Y/N Joint problems

Y/N Back complaints

Y/N Epilepsy

Y/N Are you on any sort of medication?

Y/N Other significant illness/operations?

If yes, please specify

.....

.....

(If you have answered yes to any of the above questions you must consult your doctor prior to exercise.)

5. Declaration

I have read the terms and conditions overleaf, and agree to abide by them. I have, to the best of my knowledge, completed the health questionnaire and informed members of the gym committee of any relevant information regarding my use of the gym.

Signed.....

Date.....



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Terms and Conditions of membership

Health and safety

Before using 'Sidney Gym' for the first time, you must complete a medical form, alerting a member of the gym committee to any relevant medical condition. If necessary a medical report must be attained and presented to the gym committee before permission may be granted for use of 'Sidney Gym'. In addition, you must have completed a formal induction to ensure you can use the facilities safely. When training, be sure not to over-strain yourself. Stop using the equipment and seek advice immediately if you feel unwell or any unusual strain whilst exercising.

Please report any accidents or concerns to the committee. In an emergency please call the Porter's lodge on 338800.

Access

Access to the gym is for 'Sidney Gym' members only. No guests are permitted. The gym is open for use 0600–2359hrs seven days a week. However, access and opening times of the gym may be subject to reasonable change where necessary for operational reasons. The committee reserves the right to restrict or ban the use of the gym by an individual or society.

Fees

Membership is available to all Sidney Sussex students, Staff and Fellows on an annual and termly basis. The fees are outlined in the gym documentation and will appear on your college bill. This fee is subject to change by the gym committee and is non-refundable (unless exceptional circumstances arise). Fees for external use of the gym facility are subject to change and are decided by the gym committee.

General

You must observe all rules of use in 'Sidney Gym' and any notices about the use of equipment and length of use in busy periods. We ask that all users pay attention to the reasonable requirements and needs of other 'Sidney Gym' users.

Clean footwear must be worn. Equipment must be wiped down once you've finished using it and disposable wipes and paper towels will be provided to do this. Use the storage racks for property. They provide a reasonable degree of security, but cannot protect against determined theft. You must empty your storage rack after training. Unfortunately the college cannot accept any responsibility for theft occurring from 'Sidney Gym'.

Failure to observe these conditions may lead to you being denied usage of 'Sidney Gym'. Serious or repeated breaches may lead to your membership being cancelled without refund.