



# Tyddyn Isaf

Camping & Caravan Park - Est. 1946

## MEMBERSHIP APPLICATION FORM

### APPLICANT INFORMATION

Forenames:	Surname:
Date of Birth:    /    / <b>Members must be aged 16 or older</b>	
Mobile number:	Home number:
Email address	
Address:	
Town:	Postcode:

### EMERGENCY CONTACT

Name:	Relationship:
Emergency contact number:	

### HEALTH AND SAFETY ACKNOWLEDGEMENT

It is important that all guests understand and acknowledge the health and safety information bulleted below before using the gym and its equipment:

- The gym is primarily an unmanned facility. There is always a member of staff on duty on the caravan park however the gym will be mainly unsupervised - it is important that all guests understand this. If you became incapacitated through injury or illness there may be no-one available to assist you. Panic alarms and an emergency telephone are in situ, however, we strongly recommend that you attend with a workout partner.
- As the gym is unsupervised we require all guests to acknowledge that any behaviour that compromises the health and safety of themselves, other gym members or staff, will result in immediate termination of their membership.
- As the gym is unsupervised we require that all guests acknowledge that they are responsible for their own health and safety whilst using the gym and its equipment. This includes the safe and proper use of all equipment within the gym.

By signing below, you are confirming that you understand and acknowledge all of the above health and safety information including the risks associated with using the gym whilst unsupervised.

By signing below you are also confirming that you understand that incorrect use of equipment within the gym can result in serious harm to yourself and to others and that we cannot assume liability for any loss, damage, or injury caused to yourself or to others as a result of your negligence or recklessness in this regard. You will be expected to therefore assume all liability (unless loss, damage or personal injury has resulted from negligence on the part of Tyddyn Isaf, its servants or agents) for any possible injury suffered or damage to the equipment caused as a result of using the equipment unsafely or incorrectly.

Name:	Signature:	Date:
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## GYM INDUCTION WAIVER

I understand that exercise can be physically demanding and if performed incorrectly can cause serious harm. I understand that I will not receive an induction and therefore assume all liability for any possible injury caused by the exercises that I choose to perform (unless such injury is reasonably caused by negligence on the part of the gym and where it was reasonably foreseeable that such negligence would result in injury sustained by me). I agree that I will only use equipment that I know how to use in a safe manner.

Name:

Signature:

Date:

## PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PARQ)

There are many health benefits to be gained from regular exercise. However, for a small number of adults, taking part in physical activity without consulting a medical professional is not recommended. The following are amongst some questions that may help to identify those people who should seek medical advice before using the gym. Please read each question carefully and answer honestly by indicating YES or NO

- |  |  |
|--|--|
| 1. Have you ever had a heart condition or heart surgery?                             |  |
| 2. Have you ever felt pain in your chest whilst taking part in exercise or at rest?  |  |
| 3. Do you ever feel faint, have dizzy spells or suffer from blackouts?               |  |
| 4. Do you have a joint problem that could be made worse by exercise?                 |  |
| 5. Have you ever been diagnosed with high blood pressure?                            |  |
| 6. Are you pregnant or have you given birth within the past six months?              |  |
| 7. Are you over the age of 59 years and not currently used to exercise?              |  |
| 8. Do you suffer from diabetes or epilepsy?  |  |
| 9. Are you currently taking any prescription medication?                             |  |
| 10. Do you know of <b>any other reason</b> why you should not take part in exercise. |  |
| 11. Has a doctor ever said that you should not take part in exercise?                |  |

### **If you answered YES to one or more questions:**

You should consult with your doctor to clarify that it is safe for you to become physically active at this currently time and in your current state of health. Under some circumstances we may require you to provide a letter from your doctor indicating that it is safe for you to exercise.

### **If you answered NO to all of the questions:**

It is reasonably safe for you to participate in physical activity, gradually building up from your current ability level.

By signing below you indicate that you understand the above statements and agree with the following points:

- I confirm that the information that I have provided in the above Physical Activity Readiness Questionnaire (PARQ) is correct to the best of my knowledge and the answers I have given are honest.
- I understand that it is my responsibility to notify Tyddyn Isaf if any of my answers to the questions in the PARQ change, and if necessary consult a doctor before continuing to use the gym
- I understand that exercise carries with it a risk of injury and/or death and that prior to starting my membership of the gym it is my responsibility to obtain the approval of my doctor for using and partaking in my preferred form of exercise at the gym if necessary.

Name:

Signature:

Date:

## GYM RULES

1. Due to the nature of the gym there are no allocated staff in the area, therefore guests are reminded that they use the facilities at their own risk. A panic alarm is located in the gym and in the changing room in the event of an emergency.
2. All users must ensure that their health and physical condition is such as not to involve any risk to themselves or any other person using the facilities. We reserve the right to require the withdrawal of membership of any person who be considered to constitute a risk.
3. Members must have their membership card on their person on every visit.
4. All persons using the facility must be aged 16 or over.
5. Members must not allow access to any other persons for any reason whatsoever.
6. Members must wear appropriate sportswear and shoes.
7. No pets are allowed in the gym.
8. Members must replace any items of equipment to their rightful location following use.
9. All members must use a towel, and must wipe down equipment after use using the paper towels and anti-bacterial spray provided.
10. Members must not:
  - Abuse the equipment of the gym (you will have to pay for any negligent or deliberate damage to gym property.
  - Behave in a violent or rude way, or in a way which offends, distresses or annoys anyone else
  - Smoke in any part of the building
  - Bring alcoholic drinks, drugs or other mood altering substances into the gym.
  - Use the gym whilst under the influence of alcohol, narcotics, or other mood altering substances
11. We are not insured for any loss, damage or theft of your personal property on the premises and will not be liable for loss or damage in any circumstances. Members must not leave items in the lockers when they are not in attendance in the gym. Lockers will be emptied each evening.
12. A £10 deposit is required per membership fob. I understand that if I lose my membership fob Tyddyn Isaf Caravan Park will retain my deposit, and that I will be required to pay an additional £10 deposit for a replacement fob.

By signing below you confirm that you have read and understood the rules documented above and agree to be bound by these or any amendments or alterations as may time to time be enforced.

Name:

Signature:

Date:

## GENERAL DATA PROTECTION REGULATION (GDPR)

Tyddyn Isaf Caravan Park collects and processes information about gym members. In signing this form you are giving consent for your personal and sensitive information to be processed by us under the rules and safeguards laid down by GDPR. Your privacy is important to us and we will not pass your data to any third parties. Further information is available in our privacy policy: [www.tyddynisaf.co.uk/privacy](http://www.tyddynisaf.co.uk/privacy)

I consent to Tyddyn Isaf Caravan Park holding my information:

Name:

Signature:

Date:

## MEMBERSHIP FEES

- I wish to pay £75 which will permit me unlimited use of the gym throughout the 2019 season and understand that this is a non-refundable payment.
- I wish to use the gym on a pay-as-you-go basis at a cost of £5 per session.

Name:

Signature:

Date: