



Member Name _____ Member No. BS14

Please complete the following form in BLOCK capitals and return to Peak Fitness Health Suite along with initial payment

Terms and Conditions

- As part of the membership process it will be necessary for the Peak Fitness staff to take a digital image of you when you join. The image will be held on a secure database in compliance with the Data Protection Act.
- Two Memberships per BISC membership
- Monthly Membership is to be paid by Direct Debit.
- Direct Debit payments will be taken on 1st day of the month or first working day after the 1st.
- Monthly membership - The first payment will be for the remainder of the current month and if the first payment is after 20th of the month then the payment for the next month will also be due.
- Direct Debit amount will be returned to the equivalent membership rate if updated proof is not provided one month after current registration has expired.
- Six months and one year memberships' initial payment is for the full period.
- Membership may be terminated if one month Direct Debit is missed and will be subject to a new administration fee in addition to the missed months on re-application. Re-application is subject to availability.
- Membership may be terminated by writing to Peak Fitness and giving one calendar month, however it must be noted that no refunds are given.
- Memberships may be terminated by the proprietors, or their appointee, at any time and at their discretion.
- Peak Fitness will employ adequate staff to manage the facilities during all its opening hours but does not guarantee that all the club areas will be constantly supervised.
- Persons under 16 are not permitted to use the gym unless permission has been granted from the management.
- Persons under 16 are classified as children and must be accompanied by an adult at all times who will be responsible for the conduct and safety. Persons under 14 are unable to access the gym.
- Peak Fitness requires all members to ensure that their health and physical condition is such as not to involve themselves in any risk by using the club's facilities. Peak Fitness' own fitness-testing services are not to be considered such proof. If necessary medical advice should be sought before taking in physical activity.
- Members may bring guests in to the club but they must pay the current guest fee. The behaviour of all guests is the responsibility of the member who introduced them.
- Peak Fitness may at any time, on reasonable notice, revoke, alter or add to these rules. The proprietors, whose decision shall be binding on all members, shall determine any dispute, which may arise in regard to the interpretation of these rules.
- Memberships are not transferable from person to person.
- Each member will have his/her own membership card
- Members and their guests must be suitably attired at all times, gym shoes must be worn whilst in the gym.
- The specific instructions must be followed for the sauna, jacuzzi and sun beds. Eye protection must be worn whilst on the sun beds.
- The facilities must be cleared 30 minutes prior to closing to allow for adequate time for showering and changing.
- Peak Fitness and the John Nike Leisuresport Complex operates a no smoking policy within all its facilities.
- Please be aware that off peak members cannot use the facility outside of the off peak hours as displayed in the club.
- Casual members are required to pay per session
- Six months, one and two year memberships are non-refundable.

I can confirm that I have read and agree to the abide by the membership agreement, rules and regulations above.

Signature _____ Date _____

Print Name _____



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PAR-Q (Physical Activity Readiness Questionnaire)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, please start by answering the questions below. If you are between the ages of 15 and 69, the PAR-Q will tell if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor. If you have any questions please do not hesitate to contact your doctor before you begin becoming more physically active than you are now.

Please read the below questions carefully and answer them honestly, with a tick answer Yes or No.

	Yes	No
Has your doctor ever said you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel pain in your chest when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
In the past month, have you had chest pain when you were not doing physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
Do you lose balance because of dizziness or do you ever lose consciousness?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a bone or joint problem (for example back, knee or hip) that could be made worse by change in your physical activity level?	<input type="checkbox"/>	<input type="checkbox"/>
Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
Do you know of any other reason why you should not do physical exercise?	<input type="checkbox"/>	<input type="checkbox"/>

If yes please comment _____

If you answered YES to one or more questions

You should discuss with your doctor before you start becoming much more physically active. Tell your doctor about the questions you answered yes to and about becoming more physically active. Your doctor will recommended activities you should participant in and you should follow their advice.

If you answered NO to all questions

It is reasonably safe to say that it is safe for you to participant is physical activity. You should gradually build up your physical activity level from your current level of fitness. It is also recommended that you have your blood pressure evaluated and talk with your doctor before becoming much more physically active.

If you are currently feeling unwell you should delay becoming more physically active until you are feeling better.

If you are or may be pregnant you should consult with your doctor before coming more physically active.

I have read, understood and accurately completed this questionnaire. I confirm that I am taking part in physical activity at my own risk and at an acceptable level.

Name _____

Signature _____ Date _____

Signature of Parent or Guardian _____ Date _____
(for participants under the age of 18)

This physical activity readiness questionnaire is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.



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