



- Please fill out all details clearly. It is important to complete the medical questionnaire in full.
- You are also required to read and accept the accompanying Terms & Conditions.
- All gym members are required to undergo an induction before using the gym.
- The minimum age for members is 16.

### Personal Details

Surname:

First Name:

Full Address:   
Postcode:

Email:

Home Tel No:  Mobile No:

Date of Birth:  Age:

### Emergency Contact Details

Contact Name:  Relationship:

Home Tel No:  Mobile No:

### Consent to Exercise

- Exercising is an essential part of maintaining a healthy lifestyle. Some people however are unable to participate fully due to illness or other medically restrictive reasons. It is important that the following questions are answered fully and honestly to enable us to ensure that our members can exercise safely.
- If you have undergone any surgery in the last 12 months, or are recovering from a serious condition, or are pregnant, or think you may be pregnant, you will need to consult your doctor before signing up.
- Please ensure that you sign the declaration on the back of this form.
- If you are under 18, a parent or guardian must also sign.
- If you are unable to sign for any other reason, a nominated responsible person may do so on your behalf.

### Office Use Only

Induction Date:  Membership Type:

Payment Type:  Date Payment Made:

Fob No:  Date Deposit Paid:

Staff Name:  Staff Signature:

### IMPORTANT - DATA PRIVACY

Your personal information will be held and used in accordance with the Data Protection Acts of 1998 and 2018. As you are asked to disclose details about your health, which is classified as special category data, we require your consent to collect and process this sensitive personal data. GYM 208 will ensure that your personal data is dealt with confidentially, held securely and only processed for the purposes of your membership. Your personal details will not be passed onto any third parties for marketing purposes. You may withdraw your consent at any time - however this will mean that you can no longer be a member of the gym. You can request at any time a copy of all personal data held by Gym 208 which we will provide free of charge within one month.

<b>Physical Activity Readiness Questionnaire</b>	<b>Yes</b>	<b>No</b>
Have you, for any reason, been unable to exercise in the past?		
Has your doctor ever advised you against exercising?		
Have you ever suffered from any cardiac (heart) related illness?		
Have you ever suffered from respiratory difficulties?		
Have you ever suffered from fainting, migraines or loss of balance?		
Have you ever suffered from any bone, joint or muscle related disease?		
Is there any history of heart disease in your family?		
Have you experienced chest pain whilst exercising?		
Do you have high or low blood pressure?		
Do you have elevated cholesterol levels?		
Are you currently taking prescribed medication?		
Have you undergone any surgery in the past 12 months?		
Do you have any allergies?		
Do you have a disability?		

If you have answered 'yes' to any of the above, please give details below. All information is held in strictest confidence.

### Electronic Marketing

Please tick this box to consent to joining our electronic mailing list to receive marketing information and updates about the gym, future training sessions, programmes and classes.

### Declaration & Consent to Gather Special Category Data

I confirm that I have answered all questions correctly to the best of my knowledge, I have read and accept the Waiver, Terms & Conditions and I believe I am able to participate in exercise at GYM 208. By signing this form, I give my consent for special category personal data to be collected and stored for the purpose of my gym membership.

Signature:

Date:

The person making this application is under 18 or unable to sign themselves. I confirm that I will be taking responsibility for the person's declaration.

Name:

Relationship:

Signature:

Date: