

Personal Details

First Name:..... Surname:..... Date:.....

DOB:..... Address:..... Suburb:.....

Postcode:..... Mobile:..... Email:.....

Emergency Contact Name:..... Relation:..... & No.....

How did you hear about us?.....

Who would you like to refer to us? Name:..... & No.....

Health Screen

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, your complete and honest responses to the following questions are essential. Please tick YES or NO.

YES	NO	
		Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
		Do you feel pain in your chest when you do physical activity?
		In the past month, have you had chest pain when you were not doing physical activity?
		Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
		Do you have kidney disease, stroke, epilepsy or arthritis?
		Have you had a stroke?
		Has your doctor said you have heart or vascular disease?
		Do you have pulmonary disease or cystic fibrosis?
		Are you pregnant or trying to conceive?
		Do you experience unreasonable breathlessness?
		Do you take prescription medications?
		Do you take heart medication?
		Do you have blood pressure over 140/90?
		Do you take blood pressure medication?
		Do you have a family history of heart attack?
		Do you have cholesterol more than 240mg/dl?

If you answered YES to one or more questions:

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active, Tell your doctor about the PAR-Q and which questions you answered YES.

You may be able to do any activity you want -as long as you start slowly and build up gradually or, you may need to restrict your activities to those which are safe for you. Talk with your doctor and follow the advice you are given.

If you answered NO to all questions:

You can be reasonably sure that you can exercise safely and have low risk of having any medical complications from exercise. It is still important to start slowly and increase gradually. A fitness assessment which we will conduct is important to help us assess your current fitness level.

Rules & Regulations:

- Please arrive **5 minutes** prior to session commencing. This will reduce facing issues with class numbers and formats set by the trainer. This will also ensure receive the appropriate and adequate warm up.
- There is a **late class cancellation/no show fee of \$10** (added to your billing schedule) after 2 strikes. This is applied for class cancellations which occur within **8 hours prior** to the start time of your class booking. This rule is implemented so we do not face an influx of members who miss out on classes which they could have attended but were unable to book due to late or inconsiderate cancellations/no shows.
- Photo's/videos could be taken during class and may/may not be uploaded to 'GYMVT' social media pages. You are entering into this agreement in connection with photographs and/or video footage taken during challenge, and have been informed and understand that 'GYMVT' may use your name, likeness, image, voice, signature, and/or appearance, without limitation, media publicity; website features; magazine articles; video press kits; supplemental materials .
- If you are more than **10 minutes late** to a session you will not be permitted to join in for the same reasons as rule 1. Late arrival results in a high risk of injury as you do not receive the adequate warm up set by the trainer.
- If you are holding any sort of small injury, the trainer will do their best to accommodate you. Please do your best to give notice on injuries that you are aware of. Avoid exercise and seek professional help if your injuries are serious or failing to improve.
- Please drink water before, during and post exercise to stay hydrated. You should drink 1 litre per 25kg of body weight, plus an additional 1 litre per hour of exercise. EAT at least before or after exercise to stay fuelled for your day.
- If you have dizzy spells, feel sick or in general not feeling 100%, please tell the trainer immediately without any hesitation.

Terms & Conditions:

Suspension: Member requesting suspension must email a clear photo of their suspension request form to info@gymvt.com **14 DAY'S prior to suspension request date.** This form is found on our website. Please note there is a minimum 14-day suspension and maximum 4-week suspension period.

Cancellation: Member requesting cancellation must email a clear photo of their cancellation request form to info@gymvt.com **28 DAY'S prior to cancellation request date.** This form is found on our website.

There is a **minimum 26-week active membership period** after joining. There are **no suspension/cancellation fees** after this period. You may suspend or cancel your membership at any time given your suspension/cancellation form has been completed and submitted correctly following above T&C's. Membership starter packs will apply again if you cancel your membership and wish to re-join in the future. There is a no refund policy on unused gym membership, advanced payments/deposits, or if you were late to submit a suspension/cancellation request form.

Promotions/Trials: If you decide to join GYMVT, your membership will commence once your promotion/trial is completed. Above terms & conditions will apply. A copy of your contract (signed prior to joining) will be sent to your nominated email address.

Personal Training: You must give 24 HOURS' notice (to your trainer) to reschedule a PT session and 14 DAY'S notice (to your trainer) to cancel a PT session. Each session is a 30-minute appointment which may be followed by another client. You are asked to be on time for your session as it will conclude at the scheduled time even if you are late. If you are more than 15 minutes late, this is considered a cancellation.

Parking & Access: Please be mindful to enter & exit GYMVT in a quiet manner to avoid disturbing our surrounding businesses and residents. Be sure to park in GYMVT car park **only** if you are driving in (laneway parking may also be available). We also have a bike rack for bike storage.

Agreement for participating in Personal Strength, Fitness and Conditioning Training:

Please read this section completely. This is a legal document and affects your rights.

The "Trainer" refers to the Australian registered business, *GYMVT Pty Ltd*.

The "Activity" refers to participation in personal strength, fitness and conditioning training and general advices at the gym, offsite from the gym, at home and/or from any training programs.

I, _____, whose signature appears below, acknowledge that participating in this activity I do so at my own risk. I accept all risks and hereby indemnify and release the trainer, their agents, affiliates, contractors, employees, members, sponsors, promoters and any person or body directly or indirectly associated with the trainer, against all liability (including liability for their negligence and negligence of others) claims, demands, and proceedings arising out or connected with my participation in this activity. This release and indemnity continues forever and binds my heirs, successors, executors, personal representatives and assigns. I acknowledge that participating in this activity may involve risk or serious injury or even death from various causes, including over exertion, dehydration, equipment failure and accidents with equipment and surroundings. I recognise the difficulties associated with the activity and attest that I am physically fit to participate safely in the activity and that a qualified medical practitioner has not advised me otherwise. I understand the demanding physical nature of this activity. I am not aware of any medical condition, injury or impairment that will be detrimental to my health if I participate in this activity. In the event that I become aware of any medical condition, injury or impairment that will be detrimental to my health if I participate in this activity my trainer will be immediately informed. By continuing to participate in the activity, I accept the risks despite these conditions and am still, and always will be under the terms of this agreement. If in the unlikely case an ambulance is called for me, I accept that am liable to cover any medical bills that may occur to me afterwards. I am also 100% liable for any injury or harm caused to my baby/child before, during, or after attendance/activity at GYMVT.

I certify that I am 18 years or older and have read this document and fully understand it
OR
As a parent/guardian of the participant/s I (a) agree to the above for myself and on behalf of the participant and (b) I indemnify and will keep indemnified any person or body directly or indirectly associated with the conduct of the activity on the terms referred to.

Signature:_____ (Parent/guardian to sign if under 18 years of age)

Full name (print):_____ Date:_____

'God gives every bird their worm, but he does not throw it into their nest...'

DISCIPLINE > MOTIVATION