

FITNESS SUITE

USER AGREEMENT

TERMS AND CONDITIONS

Name/s _____ Surname _____

Address _____

City _____ Post Code _____

Phone Number _____ Email Address _____

Date of birth _____ Age _____

Emergency contact name/relation _____ Phone number _____

THIS IS AN ADDITION TO OUR GENERAL TERMS & CONDITIONS. PLEASE READ THESE TERMS AND CONDITIONS AS WELL AS OUR GENERAL TERMS & CONDITIONS CAREFULLY, BEFORE USING THE FITNESS SUITE

Users must apply with the following rules and regulations. These are displayed on the Sports Centre noticeboard and website at all times and users will be informed of any changes.

Users Agreement /Entitlement to Use/Terms and Conditions

Only a user who has signed a User Agreement, filled in Physical Activity Readiness Questionnaire (PARQ), paid for the use of the Fitness Suite and undergone an appropriate course of induction in the use of the equipment may use the Fitness Suite. Personal training is only permitted by prior agreement. Should you not comply with any of these we reserve the right to suspend or cancel your agreement.

Hours of Opening

Please contact the Sports Centre or see the website for an up to date calendar of opening times for the Sports Centre.

Booking a Session/s

A session can be booked via email sportscentre@george-heriots.com. The Sports Centre may pre-book the Fitness Suite for other social activities, maintenance works in which case the users will be informed in advance.

Payments

Payment must be made to The Heriot's Centre for Sport & Exercise Ltd before the use of the Fitness Suite.

Online payments: Bank of Scotland, 80-02-24, 06006180

Cash – only exact amount of cash for the 'pay as you go' session will be accepted in the Sports Centre.

Fitness Suite Access

The Rules for accessing the Fitness Suite are as follows: A maximum of 8 people will be allowed in the Fitness Suite. Anyone using the Fitness Suite must be aged 16 years or over. Anyone using the facility and whose name is not on the Register of Users may be liable to a fine of **£30**. Anyone found abusing the equipment will be charged the cost of repairing the damage.

Health & Safety

Each User is responsible for his/her own physical condition and should monitor their own health in relation to their physical activity. If any User feels unwell during exercise they should immediately stop activity and contact a member of staff. All new users must fill out a Physical Activities Readiness Questionnaire (PARQ) and receive an induction about safe use of Fitness Suite equipment before commencing on their first gym workout and should thereafter follow their individual personal programme. If you are diagnosed with a medical condition which may be affected by exercise, while using the Fitness Suite, you must inform the Sport Centre and fill out a new PARQ. For health and hygiene reasons you must spray and wipe the machines and mats after using them (please use the spray bottles and paper towels provided). For safety reasons, all free weights must be dismantled and replaced in the correct stand after use.

Food & Drink

Drinks can only be taken in to the Fitness Suite in a plastic re-sealable bottle. No food can be taken in to the facility. There are water fountains available in the Sports centre and one in the Fitness Suite.

Noise

The use of radios, music players and musical instruments is prohibited in the Fitness Suite except with the use of earphones that use does not cause annoyance to other members.

Legal compliance

By signing HCSE User Agreement you acknowledge, understand and agree to the Terms and Conditions of the Heriot's Centre for Sport and Exercise.

I understand that the HCSE staff are not professionally trained as Fitness Instructors, Personal trainers or medically qualified and therefore cannot set the appropriate Fitness programmes or diagnose or prescribe treatment for any form of injury, disease or any other medical condition.

I understand that prior to using any of the equipment in the Fitness Suite I will require to complete the induction training and the PARQ. I also understand that I should inform the HCSE staff of any medical conditions that may not have been covered in the PARQ form and that I may be advised to visit my doctor prior to commencing any form of exercise.

I acknowledge that I have either had a physical examination and have been given my doctors permission to participate, or that I have decided to participate in the activity and /or use the equipment and machinery without the approval of my doctor and hereby assume all responsibility for my participation and activities.

I release HCSE from any liability for personal injury or any other damage I may sustain whilst engaging in any exercise within the Fitness Suite.

Name _____

Signature _____

Date _____

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FOR SPORTS CENTRE USE

PARQ

Notes

Member of Staff name & signature

Date