

Section 1: Personal Details

First name		Surname	
Date of Birth		Sex:	<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other
Site	<input type="checkbox"/> Storthes Hall Park <input type="checkbox"/> The Pinnacles <input type="checkbox"/> Chambers51		
Block		Flat & Room No	
Emergency Contact (Name)			
Tel (Home)		Tel (Mobile)	

Section 2: Health

Please note your fob will be active from the start date of your contract for a period of three weeks to allow you time to complete the Gym Induction form, If you do not complete an induction your fob will be deactivated Please complete the following question honestly.	YES	NO
Are you fit to use the Gym, if in doubt please contact your GP	<input type="checkbox"/>	<input type="checkbox"/>

Section 3: Declaration

I have read, understood and completed the question above to the best of my knowledge. I have read, understood and agree to the Terms and Conditions and Disclaimer of Membership (overleaf).

Name: _____ Signature: _____ Date: ____ / ____ / ____

Gym Terms & Conditions



1. Eligibility

The gym facility at DIGS is strictly for residents' and staff use only. All users are required to read and sign the disclaimer to confirm their understanding and acceptance of the rules and regulations, BEFORE using the gym.

2. Operating hours

The gym is open 7 days a week from 7am until 11pm

3. Attire

Users must be appropriately dressed in sporting attire, including appropriate footwear for using equipment. No slippers or bare feet. Any form of attire which may cause the possible infringement to the safety of yourself, other users or the potential damage to equipment are prohibited. The management staff on duty reserves the right to decide on suitability of the sporting attire worn by gym users. Nudity, including partial nudity, is not permissible.

4. Discipline

All gym users are required to comply with the instructions given by the management and staff on duty. The management and staff on duty reserve the right to refuse a person's use of the gym and / or, if the person is already in the gym, to prohibit the person from further usage by instructing the person to leave immediately, if in the opinion of the management and staff on duty the person has violated any of the rules and regulations.

5. General conduct

Users should refrain from talking loudly or indulging in noisy activities that may annoy or distract other users or any other form of conduct that is deemed inappropriate by the management and staff.

6. Usage of equipment

All gym users must observe the instructions and safety precautions pertaining to the use of the exercise equipment. If in doubt, users are required to consult the staff on duty.

Gym users will be held responsible for any damage caused to the equipment by them.

Users are expected to practice good hygiene and gym etiquette by observing the following;

- Return all equipment to its original place after use.
- Damaged or suspect equipment must not be used and reported to a member of staff.
- A personal towel must be used at all times. Gym users are not allowed to share towels.
- Use of each machine should NOT exceed 30 minutes per session, unless no other tenants are waiting.
- Equipment must be wiped down after use!
- No equipment shall be removed from the gym. Theft or damage will be referred to the police and fob / CCTV evidence will be utilised.

7. Prohibitions

No smoking, eating, hot or alcoholic drinks, or betting is allowed within the gym.

No personal exercise equipment is allowed to be brought into the gym. For safety reasons, all mobile phones and music devices should be made inaudible to other users and properly secured to the body of the owner when exercising. No photo-taking, video or audio recording is allowed inside the gym without the prior approval of DIGS staff.

GYM DISCLAIMER

While reasonable safety precautions have been taken in relation to the use of the gym, use of the gym is at your own risk. Neither DIGS nor its staff shall be liable for any loss or damage to property or death or personal injury (save for death or personal injury resulting from the negligence of DIGS staff), however arising from your use of the gym.

All users of the gym are advised to seek medical consultation and clearance before embarking on any exercise programs.

DIGS MANAGEMENT RESERVES THE RIGHT TO ADD, DELETE, AMEND OR VARY THE ABOVE RULES AND REGULATIONS AT ITS OWN DISCRETION AT ANY TIME AS IT DEEMS FIT, WITHOUT HAVING TO INFORM ANY GYM USERS.

By signing the users acknowledge that they have read and understood the above rules and regulations prior to using the gym.