TEEN GYM PAYG MEMBER FORM

14 - 16 Years. All **Teen Gym Sessions** must be booked. This form must be completed & signed by the applicant and a **parent/guardian*** in the presence of a gym instructor (or a supervisor) prior to use. We require a photo proof of age (birth cert, passport) and we will take a mugshot for safety reasons.

FORENAME	BLOCK CAPITALS	**SURNAME**	
ADDRESS			
DATE OF BIRTH		**MOBILE NUMBER**	
EMAIL ADDRESS			
PARENT* NAME		**PARENT* PHONE**	

Health Screening Questionnaire

Do you suffer from any of the following? Muscle pain or injury? Bone, knee or joint problems? Osteoporosis? Heart problems? High or low blood pressure? High cholesterol? Pains or tightness in the chest? A respiratory disorder? Anaemia, fainting, dizziness, diabetes, epilepsy and/or an eating disorder? Are you pregnant or have you been in the last 4 months? Have you had surgery in the last 6 months? Are you currently taking medication? Do you smoke?

If you have answered Yes to any of the questions above; please provide more details and speak to an instructor. It may be best to consult your doctor before participating in a gym programme.

Signatures and Declaration

I declare that to the best of my knowledge the above details are correct and that I know of no reason why I should not participate in an exercise programme. Should my medical circumstances change, it is my responsibility to inform the instructor. I understand that activities I participate in at Splashworld/Target Fitness are at my own risk. I understand the correct and safe use of the gym equipment. I understand that failure to comply with terms and conditions or the code of conduct will result in the termination of my membership. **PLEASE READ OUR RULES AND CODE OF CONDUCT ON REVERSE CAREFULLY.**

Privacy Notice: What data do we collect? The personal data that we ask for is your full name, address, date of birth, phone number & email address. We require a **mug shot** to verify your identity. We also include a medical screening form for safety reasons. Why do we need this information? We need this information to process your membership details, verify that you fulfill the age requirements (Teen Gym) record your membership, and to contact you. Splashworld will not disclose your personal data to third parties except in exceptional circumstances, for example if you suffer an injury or experience a medical difficulty on or in the vicinity of the Splashworld.

Parental Consent:

I give my child consent to use the gym and I know of no medical reason or otherwise why my child cannot use the gym.

Applicant Signature: _____ **Date:** _____

Parent / Guardian Signature: _____ **Date:** _____

Proof of Age Seen?: ☐ **Initial (Splashworld Staff):**_____ **Date:** _____

Staff Use Only **Member Number:**_____ **Barcode:** _____

Teen Gym Specific Rules

1. Teen gym users musty have their barcode swipe card with them at all times and must have a mugshot on file to gain entry.
2. Before using the gym, all teen gym users must complete an induction.
3. Under 16s are strictly not allowed to use the free weights unless given specific written permission from an instructor.
4. Teen gym users may not use the sauna or steam room under any circumstances.
5. Teen users may use the gym during **Teen Gym Session times only. Failure to comply will result in membership termination.**

General Code of Conduct

Health and Safety

1. Drinks must be contained in closed vessels – no glass allowed.
2. Chewing gum is not permitted within the gym OR pool area.
3. Alcohol is not permitted on the premises. Anyone suspected of being in a state of inebriation will be prevented from the use of the facilities and asked to leave.
4. Lockers are provided for all personal belongings. Belongings are not permitted to be stored in the gym, studio or pool area.
5. Equipment must not be moved, modified or used in an incorrect manner.
6. Equipment should be replaced after use on storage racks provided.
7. The use of mobile phones for calls or texting is not permitted whilst using the equipment.

Respect For Others

1. Users are asked to bring a towel into the gym.
2. Users must wipe equipment after use with disinfectant spray and towels provided.
3. Users should limit their cardiovascular work to 20 minutes if people are waiting for equipment.
4. Users must not 'hog' equipment either when exercising alone or in groups. Equipment should be made available within a reasonable time for any other user.
5. Users should not shout, use foul or abusive language or behave in a threatening or intimidating manner of any description towards any other user, visitor or employee.
6. Lockers provided are for the use of users from the time of entry and all personal belongings must be removed on leaving. Lockers are cleaned at the end of the night any belongings will be taken and placed in the lost and found.

Personal Cleanliness & Attire

1. High standards of personal hygiene must be maintained. Users must make every effort to deodorize before using the facilities.
2. Footwear and clothing must be clean and free from odors.
3. Appropriate exercise clothing must be worn when using the gym facilities. No sandals, jeans, or open-toed shoes. Tops must be worn at all times.
4. Users should wear appropriate attire when in the each area of the facility e.g. Flip-flops, towel, robe or t-shirt or shorts.

Respect for the Facilities and Service

1. Users should be in possession of their swipe cards at all times.
2. Users should not 'tailgate' or hold open the gym doors to allow access to anyone who is not in possession of their ID card.
3. Litter must be placed in bins provided.
4. Users should report any damage or suspected damage to equipment or facilities.
5. Repairs should not be attempted to any facilities, equipment, or property structure.
6. All problems, personal disputes or grievances must be addressed to the Manager in the first instance.