

# Junior Membership



## Membership Plan

Please complete this membership pack in full, including contact information and the medical questionnaire. Please return with 2 months membership (£30) upfront via cash, cheque or card along with a completed direct debit form if you wish to pay monthly.

Unlimited Monthly  £15 p/m

Pay As You Go  £3 per session + £10 joining fee

### **IMPORTANT NOTICE**

Direct debit payments are taken on the 5<sup>th</sup> of each month. You will not be under contract to HBK Leisure and can cancel your membership at any time. To cancel your membership you must put this request in writing. Please note it can take up to 7 days to process, any membership fee paid in this time, or up front, **will not** be refunded.

## Student Information

Title: Mr Miss

First Name: .....

Surname: .....

Date of Birth: .....

## Guardian Information

Title: Mr Mrs Ms Miss

First Name: .....

Surname: .....

## Contact Information

Telephone: .....

Email: .....

Address: .....

.....

Postcode: .....

Guardian Signature: ..... Date: .....

Instructor to complete: Card Issued  ParQ checked

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1. Has your doctor ever said that you have a bone or joint problem, such as arthritis, that has been aggravated by exercise or might be made worse with exercise?	YES	NO
2. Do you have high blood pressure?	YES	NO
3. Do you have Diabetes Mellitus or any other metabolic disease?	YES	NO
4. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	YES	NO
5. In the last month, have you had chest pain when not undertaking physical activity?	YES	NO
6. Is your doctor currently prescribing you drugs or medication?	YES	NO
7. Do you often feel faint, have spells of severe dizziness or have lost consciousness?	YES	NO
8. Do you currently smoke, or take recreational drugs, please specify.	YES	NO
9. Are you or is there any possibility that you might be pregnant?	YES	NO
10. Do you know of any other reason why you should not participate in a program of physical activity?	YES	NO

## If you answered:

### 1. Yes to one or more questions:

If you have not recently done so, consult with your doctor by telephone or in person before increasing your physical activity and/or taking a fitness appraisal. Tell your doctor which questions you answered 'yes' to on PAR-Q or present your PAR-Q copy. After medical evaluation seek advice from your doctor as to your suitability for:

- Unrestricted physical activity starting off easily and progressing gradually
- Restricted or supervised activity to meet your specific needs at least on an initial basis

### 2. No to all questions:

If you answered PAR-Q accurately you have reasonable assurance of your present suitability for:

- A graduated exercise programme
- A fitness appraisal

## Assumption of Risk

In signing this form I confirm that I have understood and completed this questionnaire. I confirm that the above answers are true and accurate to the best of my knowledge and belief. I undertake to notify a member of staff at once if any of the answers to the above questions change. I agree not to use any item of exercise equipment without receiving full instruction beforehand, in its use, from a member of the fitness staff. I am aware that physical activity can be hazardous and there is a risk involved.

Name
Signature Pupil:
Signature Parent:
Date:

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## Important Information

### Opening Times for Junior Members

Monday to Friday: 1600-1730  
Saturday and Sunday: 0900-1400

All Junior Members can use the cardiovascular and resistance machines. They are **NOT permitted to use any of the free weights.**

Any junior members found using the free weights persistently will result in students being asked to leave the facility.

Places are limited to 12 pupils per session and will operate on a first come first served basis.

- Sign up or individual session payment will be accepted in the Fitness Suite or HBK Leisure Office.
- Please ensure all documents are returned including the initial administration charge or two months up front membership fee and medical Par-Q. Please ensure your child books a day and time for their induction to the fitness suite with a member of HBK Leisure Staff.
- Pupils are requested to change in C1 (Male) and C2 (Female) located in the Sports hall, these will be pointed out during the induction. At no point will pupils be asked to change with members of the public, however where clashes are out of HBK Leisure's control we may need to change the usual changing rooms. However this will be advertised as best as possible. Please note that if any child chooses to use alternative changing facilities, we cannot be held responsible for this.
- Pupils will be requested to leave all belongings (expect valuables) in the changing rooms. Pupils should bring their valuables into the fitness suite and hand them to a fitness instructor, who will secure them.
- The fitness instructor has the right to ask any pupil, or member of the public, to leave if their behaviour or language causes offence to other users.
- No sessions will not be authorised without payment of £3.00 or valid direct debit.
- Pupils are requested to wear appropriate clothing, T shirt, shorts and trainers are preferable. All clothes must be clean and free from mud.
- Pupils who are deemed not to be wearing the correct clothing will be refused entry.
- Refunds will not be given, unless in exceptional circumstances. Refunds are given at the discretion of HBK Leisure.
- Any pupil found to be under the influence of alcohol or illegal substances will have their membership cancelled and be asked to leave the site immediately.
- No food is to be consumed in the fitness facility.
- If collecting a child, parents are requested not to enter the changing rooms.

