



MEMBERSHIP APPLICATION

APPLICANT INFORMATION

Name:

Current address:

Suburb:

Postcode:

Email:

Phone:

Date of Birth:

MEMBERSHIP TYPE

G Training Health & Fitness provide a Membership Rates Disclosure document which outlines fees relevant to a membership that best fits with you. Please choose a membership and notify staff before making a payment. Payment details are also provided on the Membership Rates Disclosure document.

EMERGENCY CONTACT

Emergency Contact:

Emergency Number:

HEALTH BACKGROUND SCREENING

Do you suffer from a heart condition or have ever had any form of heart disease, previously suffered a heart attack, or have a family history of heart disease?

Yes / No

Do you experience any pain while undertaking physical activity or exercising?

Yes / No

Have you ever experienced faintness, dizziness, shortness of breath, or experienced a loss of balance while undertaking physical activity or exercise?

Yes / No

Do you have diabetes or suffer from high blood pressure?

Yes / No

Do you suffer from asthma?

Yes / No

Do you have a bone or joint problem that could be aggravated by a change in your level of physical activity?

Yes / No

Do you have any other medical condition or injury, currently taking medication, or know of any other reason that would prevent you from exercising?

Yes / No

Please provide additional information if you answered yes to any of the previous questions.

ADDITIONAL DISCLOSURES

G Training Health & Fitness is a Gym that engages in strenuous and high intensity exercise routines. You should consider whether this style of exercise is suitable for you.

G Training Health & Fitness is not an 'Open Gym' unlike other traditional gyms. All workouts are either, class based at specified times, or prearranged personal training sessions (at additional cost). G Training Health & Fitness may set aside times where the Gym operates in an open format for members to familiarise themselves with the gym's equipment, improve exercise technique, or undertake independent unsupervised training.

General Memberships are fortnightly based. G Training Health & Fitness memberships are cancellable by providing 30 days notice. Memberships paid beyond the notice period are refundable, subject to the deduction of an administration fee. G Training Health & Fitness is not responsible for timing or late cancellation of direct debit arrangements.

Personal training fees can be purchased as individual sessions or in blocks. Persons who undertake personal training sessions who do not have an active and current general membership are not permitted to participate in group classes and open gym sessions.

Dress and Conduct

All members should dress appropriately. This includes the wearing of a shirt and the use of a towel. No open toed shoes, sandals or thongs are allowed in the exercise area during training times or "open gym" times.

G Training Health & Fitness is committed to the health, safety and welfare of each of its members and staff and will not tolerate unreasonable, threatening, obscene, harassing, indecent or illegal behaviour. G Training Health & Fitness may, at its discretion, request members and/or their guests to leave the premises. G Training Health & Fitness, in addition to its common law rights and remedies, also reserves the right to terminate the membership of any member engaging in unacceptable behaviour.

Members are liable for damages to G Training Health & Fitness property that results from the wilful or negligent conduct of a member, a member's guest or dependent children.

Lost Articles and Damage to Member's Property

G Training Health & Fitness is not responsible for lost or stolen articles or damage to articles. All articles are stored at member's risk and the Gym discourages members from bringing valuable articles to the gym.

Consent and release for use of Photographic and Video Images

All members, unless specifically requesting not to do so in writing, authorise G Training Health & Fitness, its directors, employees, contractors or agents, from time to time, without further notice or permission and without payment of any kind to photograph, videotape, and audiotape them for advertising, promotional or instructional purposes.

Late Attendance to Classes

All members should arrive at least 5 minutes prior to the commencement of all classes. As all our classes are high intensity and fast paced, it is unfair to other members to have their workouts disrupted by late attendees. G Training Health & Fitness reserves the right to refuse participation in a class for late attendance.

Rules and Policies of the Gym

All members agree to learn and abide by all the rules and policies set by G Training Health & Fitness and that may change from time to time.

ELECTRONIC COMMUNICATION

G Training Health & Fitness highly values and respects your privacy. We have the option to communicate with you by email and SMS. We will never release or sell your private information.

Consent to contact you by email and /or SMS

Yes / No

SIGNATURE

I wish to apply for membership to G Training Health & Fitness and agree to the General Terms and Conditions.

Signature of applicant:

Date:

ACKNOWLEDGEMENT AND WAIVER OF RISK & INJURY

Participant's Name _____

WARNING – THIS IS AN IMPORTANT DOCUMENT THAT AFFECTS YOUR LEGAL RIGHTS AND OBLIGATIONS.

READ IT CAREFULLY AND DO NOT SIGN IT UNLESS YOU ARE SATISFIED THAT YOU UNDERSTAND IT.

IF YOU HAVE ANY QUESTIONS PLEASE ASK OUR REPRESENTATIVE.

ACKNOWLEDGEMENT OF RISKS, INJURY AND OBLIGATIONS

I ACKNOWLEDGE that the activity I have voluntarily agreed to undertake is a dangerous activity and that by participating in it I am exposed to certain risks.

The activity includes, fitness classes incorporating cardio vascular exercise, strength and conditioning training, resistance training, weight lifting, boxing and other martial art hybrid classes, personal training sessions, training activities undertaken both on and off the premises, participation in team or individual competitions, and other services provided to the participant by G Training Health & Fitness.

I ACKNOWLEDGE AND UNDERSTAND that whilst participating in such activities:

- I may be injured, physically, emotionally or mentally, or may die.
- My personal property may be lost or damaged.
- Other persons participating in such activity may cause me injury or may damage my property.
- I may cause injury to other persons or damage their property.
- The conditions in which the activity is conducted may vary without warning.
- I may be injured or die or suffer damage to my property as a result of negligence or breach of contract by G Training.
- There may be no or inadequate facilities for treatment or transport of me if I am injured.
- I assume the risk and responsibility for any injury, death or property damage resulting from my participation in the activity.

I FURTHER ACKNOWLEDGE AND UNDERSTAND that whilst participating in such activity:

- I will follow the safety advice, training directions and exercise instructions of the G Training Health & Fitness trainers, contractors, agents and volunteers.
- If I feel unwell during training or feel pain and/or discomfort, I will cease participating and immediately advise a trainer.
- If, for any reason, I require first aid or medical assistance, I authorise G Training Health & Fitness to seek emergency medical assistance on my behalf with the understanding that I am responsible for all costs incurred.

RELEASE OF LIABILITY AND INDEMNITY TO G Training Health & Fitness

IN CONSIDERATION of the acceptance of my payment for participating in the activity (and except to the extent that the same may be precluded by Law) I AGREE TO WAIVE ANY AND ALL CLAIMS that I have or may have in the future against G Training Health & Fitness its trustees, directors, owners, officers, employees, trainers, contractors, volunteers, and agents, notwithstanding that such claims may arise due to Negligence, breach of contract, or breach of statutory duty. FURTHER;

- I participate in the activity at my sole risk and responsibility.
- I release, indemnify and hold harmless G Training Health & Fitness, its trustees, directors, owners, officers, employees, trainers, contractors, volunteers, and agents, from and against all and any actions or claims which may be made by me, or on my behalf by other parties, arising out of any injury, loss, damage or death caused to me or my personal property whether by negligence, breach of contract or in any other way whatsoever.

I ALSO AGREE THAT in the event that I am injured or my personal property is damaged, I will bring no claim, legal or otherwise towards G Training Health & Fitness in respect of that injury or damage. This agreement shall be effective and binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect.

SIGNATURE

Signature of applicant:

Date:

PARENT /GUARDIAN TO ALSO SIGN WHERE PARTICIPANT IS UNDER 18 YEARS OF AGE

I _____ being the parent or guardian of the person named in this acknowledgement and release HEREBY ACKNOWLEDGE AND AGREE:

- I have read the whole of this document and understand it.
- I consent to the person named in this acknowledgement and release participating in the activity and
- I am aware of the risks, dangers and obligations set out above in the acknowledgement and release.

IN CONSIDERATION of the person named in this acknowledgement and release being accepted to participate in the activity I AGREE TO THE RELEASE AND INDEMNIFY G Training Health & Fitness in the same manner and to the same effect and extent as if I were the person first named in the acknowledgement and release and the person participating in the activity.

Signature of parent/ Guardian

Date: