



LINDLEY SPORTS CENTRE

at

reigate•college

Fitness Suite Membership

OPENING TIMES

Monday-Thursday evenings 5.45pm and 10.00pm

CLASSES

Spinning: Monday & Wednesday at 7.00pm

Fitness Circuits: Tuesday & Thursday 7.00pm

CLASSES ARE OPEN TO NON-MEMBERS

Fitness Suite Membership

Title: Mr / Mrs / Miss / Ms / Other _____

Forename: _____ Surname: _____

Date of Birth: _____

Correspondence Address: _____

Home Phone Number: _____ Postcode: _____

Mobile Phone Number: _____ e-mail Address: _____

Emergency contact Name: _____ Address: _____

Relationship: _____

Tel. No: _____

A £20 Membership registration to be paid in cash for the first month and a banking Standing Order set up for £20 (please see attached form) for the ongoing period of membership. The minimum membership period is 3 months. By signing this membership form you are agreeing to abide by the rules, regulations and etiquette of the Fitness Suite. All parts of the information on this form may be stored in manual and/or computer files and used for the purposes of the Lindley Sports Centre administration. Such use will be subject to the General Data Protection Regulation 2018.

Signature: _____ Date: _____

Membership card must be produced on each visit to the fitness centre.
A £10 charge will be levied to replace lost membership cards.

For Office Use

Membership Number: _____ Induction Date: _____

Photographs taken/provided: _____ Induction Completed: _____

Standing Order Received:

Membership Card Issued:

ParQ Health Questionnaire

Please read the questions carefully and answer each one honestly, ticking the appropriate box or adding information if necessary. Your responses will of course be kept in the strictest confidence. This form must be completed, returned to a Fitness Adviser and assessed prior to availing of any induction services or classes.

Forname: _____ Surname: _____

Date of Birth: _____ Membership Number: _____

Emergency Contact and No: _____

Has your doctor ever said that you have had a heart problem? No Yes

In the past month have had any chest pain when..
 Your were doing any activity? No Yes You were resting? No Yes

Are you at present taking any form of medication for...
 A heart condition? No Yes Details
 Any other problems? No Yes Details

Do you suffer from any bone or joint problems? No _____ Yes

In the past year have you had any major illness or major surgery? No Yes

Have you ever been diagnosed with...	
Diabetes? No <input type="checkbox"/> Yes <input type="checkbox"/>	Asthma? No <input type="checkbox"/> Yes <input type="checkbox"/>
Epilepsy? No <input type="checkbox"/> Yes <input type="checkbox"/>	Other problems, please give details:.....

Do you ever....
 Lose your balance because of dizziness or lose consciousness? No Yes

Are you feeling unwell at present due to cold, etc? No Yes

In you have answered YES to one or more questions we may need you to contact your doctor before starting exercise. If your helath changes so that you may then answer YES to any of these questions, tell a member of staff as soon as possible.

**I have read, understood and completed this questionnaire.
 Any questions that I had were answered to my full satisfaction
 I understand I am agreeing to use the fitness facilities at my own risk and agree to follow the gym rules.**

Signature: _____ Date: _____

ParQ checked and Induction carried out by: _____



Reigate Sixth Form College,
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 Principal • Nick Clark BSc
 Chief Executive • Christopher Whelan BSc

TERMS AND CONDITIONS

MEMBERSHIP

Acceptance of an application for Membership to the Fitness Suite is at our absolute discretion (although we will exercise our discretion reasonably and in compliance with applicable laws). Membership is only available to people of 18 years of age and older.

MEMBERSHIP CARD

A Membership Card will be issued to each Member when they join the Fitness Suite.

A fee of £10 will be levied for the replacement of lost, stolen or damaged cards.

Each Member must have his/her card on each visit to the Fitness Suite before proceeding inside. Any Member attending without a valid Membership Card may be refused entry.

A Member must not lend his Membership Card to anyone else as Membership is personal and covers only the individual.

On termination of Membership for any reason, the Member is required to surrender his Membership Card.

GENERAL

Opening times for will be displayed at Fitness Suite.

Last admissions are 30 minutes before the Fitness Suite closes. You are respectfully requested to leave the Fitness Suite at least 15 minutes before the Lindley Sports Centre is due to close and to leave the premises punctually at time of closing.

You may not bring pets (other than guide dogs) onto the premises.

You must not take any photographs or movie shots in the Fitness Suite (including by using a camera on a mobile phone or PDA).

We reserve the right to use any individual or group photographs or movie shots of you for press or promotional purposes.

You must not consume any food in the Fitness Suite that you have bought in from outside.

We reserve the right to show potential Members and other individuals the facilities.

EQUIPMENT USE

A Health Screen Questionnaire and a full Induction by Lindley Sports Centre Staff must be completed before using the Fitness Suite.

If necessary you should seek additional instruction before using unfamiliar equipment.

You may not bring your own Personal Trainers into the Fitness Suite.

Appropriate clean exercise clothing and shoes must be worn whilst exercising.

Fitness Suite equipment must not be used for longer than 15 minutes during busy periods.

You are asked to wipe down equipment after use.

You are asked to arrive at the Fitness Suite five (5) minutes prior to any personal training or induction appointment.

You may not use the Fitness Suite whilst under the influence of alcohol or anticoagulant, antihistamines, beta-blockers, narcotics, or tranquillisers. If you have high or low blood pressure, heart disease and/or diabetes you should consult your doctor prior to using the Fitness Suite.

STUDIO CLASSES

Classes do not need to be pre-booked.

Class timetables and instructors are subject to change from time to time without notice.

You are requested not to open the doors whilst a class is in progress, as this may interfere with the operation of the air-conditioning system.

In order to avoid disturbing classes, you are requested to arrive in good time. Entrance to classes may be barred to anyone arriving more than five (5) minutes late.

An instructor may, at any time, ask you to leave a class if you are jeopardising the safety or enjoyment of others.

We reserve the right to limit you to participating in only one exercise class per day.

BEHAVIOUR & DRESS

You should conduct yourself in a quiet and well-mannered fashion when in or about the Lindley Sports Centre and in a manner that will not disturb or impair the use and enjoyment by any other person. In particular you may not use foul, loud or abusive language, nor will you molest or harass other Members, guests, visitors or Members of staff. You may not bring, use or be under the influence of illegal drugs in any part of the Lindley Sports Centre. You may not bring any intoxicating liquor into the Lindley Sports Centre or be drunk whilst in the Lindley Sports Centre.

We may terminate your Membership (if applicable) and may refuse you entry or eject you from the Fitness Suite if you commit a serious or repeated breach of these Rules or your Membership contract (if applicable) or you engage in any other serious misconduct.

Complaints should be communicated privately to a member of the Lindley Sports Centre staff, or in writing to the Director of Estates, Reigate College.

Smoking is prohibited in all areas of the Lindley Sports Centre.

You must be dressed in suitable attire at all times when on the premises and appropriate exercise clothing is required whilst exercising.

Only one individual is permitted in a shower cubicle at any one time.

LOCKERS

Lockers are made available subject to availability. The Lindley Sports Centre does not undertake that use of a locker will guarantee that no theft of or damage to your property will occur. You should check that your household contents or other insurance policy protects you against any risk of theft.

Lockers are available for use only whilst you are on the premises. Use of a locker whilst not on the premises is prohibited. If you leave your belongings overnight in a locker the Lindley Sports Centre reserves the right to open the locker (by force if necessary) and remove your belongings.

Your belongings so removed will be available for collection from reception for a period of thirty (30) days. If you do not collect your belongings within thirty (30) days, your belongings may be donated to charity.

Where available lockers and locker keys remain the property of the Lindley Sports Centre and locker keys must not be taken from that the premises at any time.

CAR PARKING

Our car parks may only be used by members whilst they are on the premises. You may not leave your car in our car parks at any other time (For example, you may not leave it there following a visit while you go shopping elsewhere).

No unauthorised parking is permitted on the premises. Where car parking spaces are designated for use by Members, cars must be parked properly in such spaces.



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Part of the Reigate College Learning Alliance

STANDING ORDER MANDATE

Please pay: **Barclays Bank Ltd**

For the credit of: **REIGATE LEARNING ALLIANCE LTD** Reigate College Students

Bank details: A/c No. 40321435

Sort Code: 20-24-05

The sum of: £20.00 [Twenty Pounds only]

Commencing on: and thereafter on the day
of the month until further notice and debit my account accordingly:

Account to be debited: (account name)

Account Number:

Sort code:

Signature:

Date:

This Standing Order Mandate supersedes all previous standing orders to Reigate Sixth Form College