

**LINDLEY SPORTS CENTRE**

at

**reigate•college**

*Fitness Suite Membership*

**OPENING TIMES**

**Monday-Friday evenings 5.45pm-9.45pm**

**Saturday 8.00am-2.00pm**

**CLASSES**

**Monday - Thursday 7-8pm**

Circuits, Gym Class, Stretch & Mobility

**CLASSES ARE OPEN TO NON-MEMBERS**

For further information please enquire at [sportscentre@reigate.ac.uk](mailto:sportscentre@reigate.ac.uk)

**HOW TO COMPLETE THIS FORM**

- Download and save to your device.
- Once complete, RE-SAVE & email to [sportscentre@reigate.ac.uk](mailto:sportscentre@reigate.ac.uk)

It is also recommended to: 1. AVOID using Apple Preview (desktop app) on a Mac computer 2. USE Acrobat Reader app for iOS or Android OR 3. USE the desktop version of Acrobat Reader DC on a Mac or Windows PC.



## *Fitness Suite Membership Application*

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

Forename:

Surname:

Date of Birth:

Address:

Postcode:

Phone No. (home):

Phone No. (mobile):

Email address:

Emergency Contact Name:

Relationship:

Phone Number:

Address:

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 and the terms and conditions attached.

Signature (you may type your name):

Date:

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

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.

---

### 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.

Forename:

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 you had any chest pain when...

You 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  Yes

Asthma? No  Yes

Epilepsy? No  Yes

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

**If you have answered YES to one or more questions we may need you to contact your doctor before starting exercise. If your health 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:

## **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 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.



## 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:

The first step in setting up a standing order requires **the payer to contact their bank to request it.**  
With some banks and building societies, standing orders can be set up online or over the phone.