

MEDICAL SECTION

YES NO
(Please tick)

DETAILS

Have you been told that you have a heart condition and that you should only do physical activity recommended by a Doctor?

Do you have Diabetes Mellitus?

Do you experience chest pain when you do physical activity?

Are you currently prescribed drugs for blood pressure or a heart condition?

Do you ever lose consciousness or balance due to dizziness?

Do you have / have you had a bone or joint problem?

Do you suffer from shortness of breath at rest or with mild exertion?

Do you have raised cholesterol?

Do you smoke?

Are you / have you in the last year been pregnant?

Are you asthmatic?

Are you currently taking any medications?

Have you undergone any operations /had any illnesses that may affect you exercising.

Do you know of any other reason not mentioned here why you should be cautious whilst exercising?

Do you suffer or do you have any reason to believe you suffer from high blood pressure?

Please state your Fitness goals:

The information I have given is correct and to date. I will keep you informed of all medical information in the future (in writing), including changes to that stated above.

Signature..... Print Name.....

Date.....



**more energy
fitness centre**

Joining Form

More Energy Fitness Centre Terms & Conditions

1. The Fitness Centre

- a) The Fitness Centre is managed by More Energy (the company) on behalf and under contract to Brunel University Sport, whose principle objective is to provide health & fitness facilities for the Centre Members and their Guests. The company has appointed a General Manager, who together with the management team is responsible for the operation of the Fitness Centre in accordance with these rules.

2. Membership

- a) Membership is subject to the rules and regulations of the Fitness Centre which are in force at the time.
- b) The management reserves the right to reject an application of membership to the Fitness Centre.
- c) Membership is personal to the member and is non-assignable, non-transferable and non-refundable except as specified in these Rules. A member may not loan his/her Membership card to permit it to be used by anyone. The company can assign the benefit of these agreements to any person, firm or company at any time without notice to member.
- d) Upon acceptance, the member will be issued with a member ship card (which shall remain the property of the company) and the member shall be entitled to all the rights and privileges exercisable by the class of membership for which his/her application has been accepted.
- e) If a membership card is lost or mislaid, the management will replace the card for a nominal charge.
- f) Any member wishing to enter the Fitness Centre without a valid membership card will only be admitted with the absolute discretion of the management.
- g) Any requests for freezing membership must be put in writing to the Club Manager at least 30 days in advance and this must be agreed prior to the freeze starts. Freezing of membership will be agreed in exceptional circumstances and charges may be applied for this privilege.

3. Initial Joining Fee & Membership Dues

- a) All members shall pay an initial joining and admin fee in the sum specified overleaf upon becoming a Member of the Fitness Centre, which shall become due immediately upon the member application being accepted. Joining and admin fees are subject to change without notice and issued at the clubs discretion.
- b) Membership is payable in advance; half yearly; annually or monthly by direct debit, cash, and cheque or card transaction.
- c) **Membership dues may be increased subject to 30 days notice, at the discretion of the management.**
- d) **All direct debit memberships are for a minimum six month contract from the date of the first debit. After six months, a member wishing to cancel must provide 30 days notice in writing to the Fitness Centre. Any member defaulting on a monthly direct debit payment will be charged an additional £10 per representation. Representation of non-payments will take place every 10 days.**
- e) **Members who cancel their direct debit prior to the expiry of the 6 month contract will be subject to legal action to reclaim the outstanding sums owed. Any additional costs incurred by Energy Fitness Professionals in the pursuit of a defaulted contract will be added to any outstanding sums owed by the member. By signing a copy of the direct debit mandate you have accepted these terms and conditions and will be bound by them.**
- f) It is the member's responsibility to cancel their Direct Debit once it has been agreed by the management and any submissions made to EFP after cancellation will be non-refundable.

4. Limitation of Liability

- a) In consideration for the management accepting his/her application for membership of the Fitness centre, or for he/she becoming and remaining a Member of the Fitness Centre, the Manager agrees that:
 - i) Neither the Company, nor its employees or Brunel University shall be liable for any damage, loss or theft of any property belonging to or brought on to the premises unless caused by negligence of the Management, employees or agents of the Company.
 - ii) Neither the Company or any employees or Brunel university shall be responsible for any death, injury or illness occurring upon the premises or as a result of use of the facilities and/or equipment provided by the Fitness Centre, except to the extent that such death, personal injury or illness arises from any negligent act of the omission of the Company or it's employee or agent.

5. Physical Condition of Member

- a) The Member warrants and represents that he/she is in good physical condition and that he/she knows of no medical or other reason why he/she is not capable of engaging in active or passive exercise and that such exercise would not be detrimental to his/her health, safety, comfort or physical condition.
- b) The Member shall not use any Fitness Centre facilities whilst suffering from any infectious or contagious illness, disease or any other ailment such as open cuts, abrasions, open sores or minor infections where there is a risk such use may be detrimental to health, safety, comfort or physical condition of the other members.

6. Expulsion of members and Termination of Membership

- a.i) The management may terminate the membership of any member.
- ii) Without notice and with immediate effect if a Member's conduct is the subject of complaint by another member or members, is such that in the reasonable opinion of the Company, it may be injurious to the character or interests of the Fitness Centre or is such that it renders the member unfit to associate with other members of the Fitness Centre. Without notice and with immediate effect if the member shall have committed any breach of these Terms & Conditions or of the rules and regulations of the club as are from time to time.
- iii) If any part of the initial subscription fee or the Monthly Membership charge which is due and payable remains unpaid after the due date for payment
- iv) Upon notice in writing, if the company is not of the opinion that the member is not a suitable individual for continued Membership of the Fitness Centre.
- v) Any lapses in membership, including monthly direct debit, will result in the joining fee being re-charged on return. All decisions of the management under this clause are final and binding.
- b) A member whose membership is terminated shall forfeit all the privileges of membership with immediate effect without claim for any refund of his/her initial joining fee or monthly membership charges paid in advance and shall remain liable for any part of the initial joining fee which remains due and owing to the company at the date of the termination of membership. On termination of his/her membership, the member shall return forthwith his/her membership card and any other evidence of membership provided to that member by the club and shall settle any outstanding debts.
- c) Any member can cancel their membership by giving 30 days advance written notice to the Fitness Centre Manager, such notice to take effect at the end of the relevant monthly period. All subscriptions and dues must be fully paid up to date at the time of cancellation.
- d) It is the responsibility of the member to cancel their Direct Debit with their bank. Energy Fitness Professionals will not be liable for any refunds as a result of the member not cancelling their Direct Debit with their bank.

7. Guests

- a) Members introducing Guests shall ensure that their Guests complete a Guest Pass and pay the current Guest Fee for a guest pass.
- b) Guests must be accompanied by the member introducing them who will be responsible for their Guests' actions whilst on the Fitness Centre premises.
- c) The same member may introduce no more than three Guests to the Fitness Centre at any time. Prior approval may be granted by the management for additional Guest entry.
- d) Guests with a valid Guest Pass will have the same membership privileges as the Member who is escorting them and will be subject to the same rules. It is the responsibility of the member introducing a guest to ensure that their Guest complies with the Fitness Centre rules.
- e) The management reserves the right to exclude any Guest from the club without giving any reason for doing so and may introduce Guests to the club or regulate charges levied for guest passes from time to time.

8. Children

- a) Children under 16 years of age may not use the Fitness Centre, unless during permitted hours as determined by the management from time to time. Children must be accompanied by an adult member at all times who are responsible for their behaviour.
- b) The management may specify certain programmes, classes and activities where children may participate without adult supervision in the Fitness Centre. The management reserves the right to make arrangements with local schools to use the facilities at different times.

9. Dress

- a) Appropriate clean clothing and shoes must be worn at all times in the Fitness Centre (and during classes unless specifically otherwise advised by an instructor). Trainers must be worn whilst using equipment in the Fitness Centre.

10. Reservations

- a) All reservation for service and/or programmes may be made up to one week in advance. 24 hours notice is required to cancel a reservation. If shorter notice is given, the member who made the reservation will be charged in full unless the booking can be rebooked.
- b) The Management reserves the right to refuse to re-book a member who cancels or fails to keep an appointment for services and/or programmes repeatedly.

11. Conduct

- Members and Guests should use the Fitness equipment and Fitness facilities in accordance with the advice given by the Fitness Centre staff and/or by notices suitably posted.
- a) Members and guest should not abuse the Fitness equipment or Fitness facilities of the Fitness centre and any member or guest who willingly or negligently causes such damage shall pay for any damage to Fitness Centre property.
- b) Disorderly, rude or offensive behaviour will result in the termination of membership and for the purpose of this rule a single breach will be regarded as 'serious'.
- c) No member or Guest shall bring intoxicating liquor or food into the club.
- d) Smoking is not permitted in any part of the Sports Centre Facilities.
- e) Members or guests may not use the facilities whilst under the influence of alcohol, narcotics or other mood altering substances.
- f) Cars parked in the car park or elsewhere on the premises of Brunel University and all contents in them is left at the owners risk and Brunel University will accept no liability for the loss or damage in respect thereof, unless caused by negligence of the management employees or agents of the company. All Fitness members require valid car parking permits to be shown at all times. Clamping is in operation.
- g) For security reasons Fitness Centre members and guests are asked to store their personal belongings and valuables in the lockers provided. Lockers are provided on a daily basis only and items left overnight will be removed from the lockers and retained for a reasonable period of time appropriate to their value and will subsequently be disposed of by the management.
- h) All Fitness Centre members and their guests must take a towel into the fitness facilities when working out in order to wipe the equipment down as a courtesy to the next user.
- i) All mobile phones are prohibited whilst in the Fitness Centre facilities.
- j) Spectators are not permitted within the fitness facilities.

12. Data Protection

- a) Energy Fitness Professionals are committed to a policy of protecting the rights and privacy of all individuals in accordance with the Data Protection Act 1988.
- b) The Data Protection Act states that all information that Energy Fitness Professionals obtain must be:
 - i. fairly and lawfully processed
 - ii. processed for limited purposes and not in any way which would be incompatible with those purposes
 - iii. adequate, relevant and not excessive
 - iv. accurate and kept up to date
 - v. not kept for longer than necessary
 - vi. processed in line with the data subject's rights
 - vii. Secured against accidental loss, destruction or damage or against unlawful access or processing
 - viii. not transferred to a country which does not have adequate data protection laws

13. Other

- a) The Fitness Centre management reserves the right to use any individual or group photographs of members and /or guests for press or promotional purposes.
- b) The Fitness Centre management may from time to time wish to show potential members around the centre and allow them to use the Fitness Centre facilities and reserve the right to do so.
- c) The Fitness Centre's normal hours of operation are available to members and are obtainable from the company on request. The Fitness Centre management reserves the right to adjust the hours for the purpose of cleaning, decorating, and repairs and for special functions or holidays. The Fitness Centre management shall endeavour to give responsible notice of any lengthening or shortening of such hours.
- d) The Fitness Centre will be closed during bank holidays, unless otherwise stated.
- e) The Fitness Centre management reserve the right to hold private functions in parts of the Fitness Centre from time to time and will advise Fitness Centre members in advance on the Fitness Centre notice board of any changes in opening hour alterations to the Fitness Centre schedule to accommodate such functions.

MEMBERSHIP APPLICATION FORM

I would like to apply for the following memberships at More Energy Fitness Centre, and enclose the appropriate fees. (Please circle below)

Membership Category	Student	Staff	Public	
Membership Type	Gold*	Silver*	Bronze*	
Payment Method	DD	3M	6M	12M
Staff and Public only				

*Please refer to pricing brochure for times of membership types.

Initial Payment Details

Joining Fee	£ _____
Slider Payment	£ _____
Upfront Fee	£ _____
TOTAL	£ _____

* If paying by direct Debit, I understand that my account will be debited with £_____ per month at the start of each calendar month. The Direct Debit amount will be debited on the first day of each month, the contract is a minimum term of 6 monthly payments and the contract end date is _____

Please sign below once all of the boxes have been ticked.

I have read and understood the terms and conditions of my membership.

I understand I need to purchase a Sports Fed card before I start using my membership. (Students only)

I am aware of the time constrictions on my membership tariff.

I have been booked in for my induction/accepted the indemnity form

Signature.....

Date.....

More Energy will process your application once all boxes have been ticked and it has been signed.

First Name _____

Surname _____

Term Time Address (students only) _____

Post Code _____

Home Address _____

Post Code _____

Home Tel. No: _____

Mobile Tel. No: _____

e-mail: _____

Male Female

Date of Birth: _____ / _____ / _____

Year of Study (students only) _____

How did you hear about the Centre? _____

Official Use Only

Membership No. _____

Date Joined _____

Induction Date _____

Expiry Date _____

Payment Type _____

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