

# GARRISON COMMUNITY GYM

## Gym Health Questionnaire Form

Full Name (PRINT)

First Name

Last Name

Date of Birth

Address

Email

Phone Number

Emergency Contact (PRINT)

First Name

Last Name

Phone Number

	Yes	No
Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	<input type="radio"/>	<input type="radio"/>
Do you feel pain in your chest when you do physical activity?	<input type="radio"/>	<input type="radio"/>
In the past month, have you had chest pain when you were not doing physical activity?	<input type="radio"/>	<input type="radio"/>
Do you lose balance because of dizziness or do you ever lose consciousness?	<input type="radio"/>	<input type="radio"/>
Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?	<input type="radio"/>	<input type="radio"/>
Is your doctor currently prescribing drugs (e.g. water pills) for your blood pressure or heart condition?	<input type="radio"/>	<input type="radio"/>
Do you know of any other reason why you should not do physical activity?	<input type="radio"/>	<input type="radio"/>

# GARRISON COMMUNITY GYM

## Liability Waiver

***If you have answered yes to any question above, then we advise you to consult your doctor before beginning any physical activity. If you choose to exercise, you exercise at your own risk.***

In consideration of being allowed to participate in the activities and classes of Garrison Community Gym, and to use the facilities and equipment owned and/or under the control of Garrison Community Gym, in addition to the payment of any fee or charge, I do hereby waive, release and therefore discharge Garrison Community Gym from any and all responsibility or liability for injuries or damage resulting from my participation in any activities or my use of equipment or facilities in the above mentioned activities.

I understand that exercise and fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and use of equipment and facilities with the knowledge of the dangers involved. I hereby agree to expressly assume and accept all and any risks of injury and death.

I do hereby declare myself to be physically sound and suffering from no impairment, disease or infirmity or other illness (other than those stated) that would prevent my participation or the use of equipment or facilities except as herein stated. I acknowledge that I have either had a physical examination and have been given my doctors permission to participate, or that I have decided to participate in activity and use of equipment and machinery without the approval of my doctor and do hereby assume all responsibility for my participation and activities and utilisation of equipment and machinery in my activities.

Garrison Community Gym will not be responsible for any loss of or damage to personal or valuable items (including cash) brought into its premises.

I acknowledge that photos and videos may be taken during any session for promotional purposes.

I agree to comply with the gym etiquette and rules outlined below.

**If your medical condition or history changes at all, after your induction, we must request that you complete a new Gym Health Questionnaire Form in order to keep our records up to date.**

**Client Signature**

**Date**



# GARRISON COMMUNITY GYM

## RULES AND REGULATIONS FOR GYM USERS

### Golden Rule

**\*\* PLEASE BE COURTEOUS TO ALL USERS WHILE WORKING OUT \*\***

#### 1. ATTIRE AND FOOTWEAR

- All gym users must be properly attired in standard workout clothes. Any form of attire, which may cause possible infringement of safety to self or other gym user, or potential damage to the equipment is prohibited.
- Use appropriate footwear  
NO dress shoes, sandals, boots, slippers, open-toed shoes, or bare feet are permitted.

#### 2. GYM EQUIPMENT

- All gym users are expected to practice good hygiene and gym etiquette. Gym users should bring their own towel and wipe their sweat off the seats or machines they have used.  
*Equipment should be sanitised after use*
- Gym users must observe the instructions and safety precautions pertaining to the use of the exercise equipment
- If you notice any faulty equipment, you should stop using it immediately and notify management.

##### Weights Section

- Do not slam, drop or throw dumbbells or free-weights on the floor when you are finished.
- Do not leave equipment lying around as someone could trip over it. Replace equipment to its original state and location after use.
- Always use collars that prevent weights from falling off the barbells.

##### Cardio Machines

- Do not monopolize the machines during peak hours.
- Please ensure treadmills have come to a complete stop before dismounting

#### 3. Prohibition

- Food and drinks (except for plain water) is not allowed at the workout area at any time. Water consumed during workout must be in a container with a lid. Any spills must be cleaned immediately.
- No smoking or alcohol on premises.
- Strictly no inappropriate mobile phone usage

#### 4. Personal Belongings

- No bags are allowed on the workout floor. This is a potential hazard

# GARRISON COMMUNITY GYM

- Please do not bring any valuables to the gymnasium as Garrison Community Gym will not be responsible for any loss or theft of such items/valuables.
- Please use the lockers provided for any personal belongings.

## 5. Gym Access

- All gym users should use the fingerprint system upon entry (even if the door is being held open for you)
- There is zero tolerance for bringing non-members into the gym.

### Under 18 Users

- Under 18 members must be accompanied by an adult at a 1:1 ratio. This will be strictly enforced.

## 6. General

- Gym users should refrain from talking loudly or indulge in noisy activities that may annoy or distract other users, or any other form of conduct that may be deemed inappropriate
- While reasonable safety precautions have been taken in relation to the use of the gym, please note that you use the Gym at your own risk
- Warm up before exercise and use proper form. Do not attempt lifts or exercise beyond your capability.

## 7. Privacy and Data Collection

- Data Usage: The gym collects and stores member information for medical, security and billing purposes only
- Communication: By joining, members agree to receive gym-related communications

## 8. In Case of Emergency

- Be aware of emergency exits and safety equipment locations
- In the case of serious injury, you should immediately contact emergency services

All gym users are required to comply with the instructions noted above and outlined during the induction process. The management reserve the right to refuse a person entry into the gym, and / or if the person is already in the gym, to prohibit the person from further usage of the gym by instructing the person to leave the gym immediately, if in the opinion of the management or person on duty, the person has violated any of the rules and regulations.

INDIVIDUALS NOT ADHERING TO THESE RULES & REGULATIONS MAY BE ASKED TO LEAVE AND HAVE THEIR MEMBERSHIP SUSPENDED OR TERMINATED.

**GARRISON COMMUNITY GYM RESERVES THE RIGHT TO ADD, DELETE, AMEND OR VARY THE ABOVE RULES AND REGULATIONS AT ITS OWN DISCRETION AT ANY TIME AS IT DEEMS FIT, WITHOUT HAVING TO INFORM ANY GYM USERS.**

