



Strength and Fitness Gym

## Health Questionnaire

Please read this document carefully before agreeing to the Terms on our Membership sign-up form on our website. If you have any doubts or questions about this form, please get in touch with us via [info@strengthandfitnessgym.com](mailto:info@strengthandfitnessgym.com), or talk to one of our team.

If you answer "no" to any of these questions, please let us know before submitting your application for membership.

By selecting "Yes" as the answer to the question "Have you read, understood and answered Yes to all the questions on the Health Questionnaire form?" You agree to the following:

1. You are in good health, capable of exercise and that exercising will not harm your health;
2. You will inform us immediately your health deteriorates or you become injured and you are unable to safely use our facilities;
3. Your doctor has never diagnosed you of having a heart condition;
4. You are not currently on medication for a heart condition or a blood pressure related condition;
5. You do not have high blood cholesterol;
6. You have never sought approval from your doctor to exercise in a gym;
7. You will seek advice from your doctor, before you use our facilities, if you have any concerns over your health or if you should exercise;
8. Confirm the information you have given to us is correct and will be used by us in determining whether you can safely use our facilities.

**If you are unable to give any of the above confirmations, please see one of our Receptionists or Coaches when you first visit the Club to discuss your circumstances.**

There are many different types of disability that can affect the way you may use these facilities, if you consider yourself to have a disability or any special needs please bring this to our attention so a risk assessment can be undertaken and appropriate measures put in place.

Strength and Fitness Gym Ltd will give you the following commitments:

1. We will keep any health or medical information, that you have given us, confidential and in accordance with our Privacy Policy;
2. Our Coaches will hold relevant fitness qualifications;
3. Whilst we will respect your decision over your training regime, we reserve the right to ask you not to exercise beyond what we reasonably believe to be your personal ability;
4. Inductions can be booked at the Club's Reception or via the Virtuagym App, if you would like to know how to use our fitness equipment and technology;
5. If you are a wheelchair user or require assistance to access our facilities, we will complete a Personal Emergency Evacuation Plan (PEEP) with you, so that we can help you in the event of an emergency.

This health declaration and the above commitments will become binding between us when you check the box on the Membership Sign-up Form.