

YOUR INDUCTION DATE & TIME IS: \_\_\_\_\_

## Gym Application Form

SURNAME \_\_\_\_\_

FIRST NAME \_\_\_\_\_

DOB \_\_\_\_\_

ADDRESS\* \_\_\_\_\_

\_\_\_\_\_ \*please include your  
borough

\_\_\_\_\_

TELEPHONE  
(HOME) \_\_\_\_\_ (WORK) \_\_\_\_\_

EMAIL \_\_\_\_\_

MEMBERSHIP TYPE  
\_\_\_\_\_

INITIAL PAYMENT \_\_\_\_\_

DATE PAID \_\_\_\_\_

I apply to join the gymnasium and agree to and will observe rules and regulations that are displayed in full on the centre premises and a copy of which is available upon request.

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

**If for any reason you cannot make your appointment time, please ring us on 020 8980 7778 to let us know.**

## **MEMBERSHIP AGREEMENT AND CONDITIONS OF USE**

- The full membership fee as above is payable whether or not the member makes full use of the facilities.
- The membership fee or any part thereof is non-refundable.
- The membership fee is non-transferable.
- If the member is prevented from using the facilities for a period of three weeks or more through illness, injury or pregnancy the time not used may be credited and his/her membership extended for up to a maximum of six months – upon production of a doctors certificate.
- If a member misses two one-to-one sessions in a row without contacting Ability Bow they will be placed back on the referral waiting list.
- The use of exercise equipment, showers, hair dryers, lockers and changing rooms during the opening hours are included in the membership fee.
- The member may use the facility as regularly as he/she wishes during the opening or availability. Ability reserves the right to change such times at their discretion.
- The current opening hours are 10.00am–5.00pm on Monday, Wednesday and Friday, and 10.00am–6.00pm on Tuesday and Thursday. Ability Bow reserves the right to change times at their discretion. Members are asked to vacate the centre premises by closing time.
- The exercise programme and facilities in the club are designed with the members safety in mind but it is hereby agreed that such programmes and facilities are used entirely at members own risk.
- Lockers are provided for the protection of clothes and valuables. Ability Bow is not responsible for – damage or loss of property on the premises. Please do not take coats or bags into the gymnasium.
- Training shoes and suitable clothing to be worn at all times.
- Members are requested to have good personal hygiene when using the gym
- Towels are provided for general use at a cost of 50p. Used towels should be placed in basket provided in the changing rooms. Please do not take towels away from the centre.
- Please keep changing areas tidy and place belongings in the lockers provided. Locker keys must not be taken off the premises and must be placed back in locker upon leaving the centre.
- Please use the towels/tissues provided to wipe down the machines after use.
- Do not take any glass bottles/cups into the gym or shower areas.
- All free weight, bars and hand weights must be returned to their original position after use.
- Please be courteous to other members when using the facilities. Do not remain on a piece of equipment after you have used it, even if you intend to perform another set afterwards.
- Smoking is not permitted on the premises.
- If a member wishes to cancel their membership we will require written notice.
- Ability Bow prides itself on its inclusivity and non intimidating atmosphere, therefore any member using language or behaviour offensive to other members or staff could be asked to leave the premises and ultimately have their membership terminated.

The member agrees to observe the rules designed for the mutual benefit of all members. In the event that a member repeatedly disregards the rules his/her membership will be terminated without refund.

The member agrees that he/she is over 16 years of age and that having understood the terms of agreement, agrees to abide by them.

Name: .....

Member's Signature: .....

Date: .....

## Ability Bow Gym

St Paul's Church, St Stephen's Rd, London E3 5JL Tel: 020 890 7778 e-mail:  
info@abilitybow.co.uk

### Physical Activity Readiness Questionnaire

The standards at our gymnasium are very high regarding your health and safety. For this reason we must establish your current health status prior to helping you to improve your fitness. The questions below are designed to identify a small number of adults who should have medical advice before taking part in exercise.

Name & Address of G.P: .....  
.....  
.....  
.....

GP Tel: .....

Name & Number to Contact in Case of Emergency .....  
.....

Please read the questions below carefully and circle YES or NO. If YES, please give details. The instructor may ask you to seek medical advice before recommending a suitable programme for you.

#### Part 1

1. Has your doctor ever said that you have a heart condition and recommended only medically supervised activity?  
YES / NO

2. Do you have a family history of coronary or other circulatory disease in parents or siblings prior to age 55?  
YES / NO
3. Do you have chest pain brought on by physical activity, or have you developed a chest pain in the last month.  
YES / NO
4. Do you ever feel faint or have spells of severe dizziness?  
YES / NO
5. Has your doctor ever said your blood pressure was too high or too low?  
YES / NO
6. Do you have any bone or joint problems that may be aggravated by physical activity? YES  
/NO
7. Do you have any injuries or orthopaedic problems? (Bad back, knees, etc.)  
YES / NO
8. Has your doctor ever told you that your cholesterol level was too high?  
YES / NO
9. Do you suffer from diabetes / epilepsy / asthma?  
YES / NO
10. Do you have a disability? YES  
/ NO

If so what? What are your limitations? .....

**Part 2** Do you currently:

1. Do you smoke? If so, how many per day? .....
2. And do you drink? If so, how much per week? .....
3. Do you take any prescribed medication or dietary supplements?  
If so, what .....

4. Do you participate in a regular exercise training programme?  
If so, what is the programme?  
.....

- What other exercises have you done before? Please describe:  
.....  
.....

- What goals do you want to achieve?  
.....

BP: Systolic\_\_\_\_\_ Diastolic\_\_\_\_\_ Resting HR\_\_\_\_\_

I understand that strength, flexibility and aerobic exercise, including the use of equipment is a potentially hazardous activity. I also understand that fitness activities involve risk of injury and that I am voluntarily participating in these activities and using equipment and machinery with the knowledge of the dangers involved. I hereby agree to expressly assume and except any and all risks of injury.

I do hereby declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that may prevent my participation in any of the activities and programmes of the gymnasium, or the use of equipment or machinery except as hereinafter 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/or use equipment and machinery without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilisation of equipment and machinery in my activities.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **FUNDERS' MONITORING SHEET**

We would be grateful if you would also take the time to fill out this monitoring form provided by our funders, Sport England and Tower Hamlets Primary Care Trust.

Title:

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Surname:

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Forename(s):

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### Ethnic origin

Ethnic origin questions are not about nationality, place of birth or citizenship. They are about broad ethnic group. UK citizens can belong to any of the following groups indicated. Please show which group best describes you by ticking only one of the boxes in each section below: Please tick appropriate box:

#### Asian

Bangladeshi

Chinese

East African

Indian

Pakistani

Other: please describe

#### Black

African

Caribbean

Other: please describe

#### White

UK

Irish

Other: please describe

#### Mixed

Mixed White and Asian

Mixed Black African

Mixed Black Caribbean

Mixed Other

Have you used a gym before?

No

Yes

If you have, when did you last use a gym?

In the last year

Between 1–5 years ago

Over 5 years ago

What were your reasons for leaving?

- Financial
- Illness
- Moved away
- Pregnant
- No disabled access
- Instructors
- Other

What are your reasons for using the Ability gym? (you can tick more than one box)

- Financial (is our gym more affordable than others in the area?)
- Closeness to Home
- 1 to 1 supervised sessions
- To get fit
- Other (please specify) \_\_\_\_\_

\_\_\_\_\_

### Sexuality

Please tick appropriate box. This section is not compulsory.

- Heterosexual
- Gay
- Lesbian
- Decline to give

### Religion

Please tick appropriate box. This section is not compulsory.

Christianity

Islam

Hinduism

Judaism

Buddhism

Sikhism

Bah'ai

Other

None