

are you ready?

Are you over 65 and have not undertaken any regular physical activity for a lengthy period of time (12 months or longer) it may be advisable to contact your GP prior to starting a programme of regular physical activity.

Personal details - PLEASE PRINT

Name	<input type="text"/>
Date of Birth	<input type="text"/>
Address	<input type="text"/>
Town	<input type="text"/>
Postcode	<input type="text"/>
Telephone	<input type="text"/>
Email	<input type="text"/>
Signature	<input type="text"/>

Emergency Contact

Name	<input type="text"/>
Telephone	<input type="text"/>

The information supplied on this form will be retained by Fife Sports and Leisure Trust on a secure database and will be used only in accordance with our obligations under the Data Protection Act 1998. Any information you give us on medical conditions will only be used for the purpose of ensuring you receive appropriate services and, if necessary, emergency treatment from us.

Please tick if you would like to receive further information from us about our services, special offers and details of future events and courses organised or promoted by us. We may contact you by letter, telephone or text message using the contact details you have provided on this form.

Instructor/Admin use:

Signature	<input type="text"/>		
Print Name	<input type="text"/>		
Date	<input type="text"/>		
Pass Achieved	Yes / No	Pass No.	<input type="text"/>

don't forget

Smart Wristband/Card usage

- Sharing your card with others is strictly unacceptable
- No Smart card/band + valid ticket = no entry. Full payment required if you forget your card.
- Smart card/band ticket checks in operation

Personal Belongings

- Take responsibility for the safety and security of your electronic devices
- Please consider other gym users and take important phone calls out with the gym
- No photography or video use permitted without manager approval



Safety Awareness Statement



Once you've completed your basic session we recommend that you ask a member of staff to help you with any other pieces of equipment you want to begin using.

The minimum age for gym entry is 14 years.

the
gym

Fife sports
and leisure
trust
Be active • feel great!



PAR-Q

Physical Activity Readiness Questionnaire
Strength & Conditioning Suite



www.fifeleisure.org.uk

Scottish Charity No. SC0209464 | Company Registration No. SC238604

welcome to the gym

Fife Sports and Leisure Trust offers our gym customers a wide variety of equipment and venues across Fife in which to realise their health and fitness goals. We focus on long term sustainability and advice on lifestyle changes that promote overall health and wellbeing and establish exercise habits that promote all aspect of fitness.



“ work out in a dedicated strength and conditioning suite ”

Gaining access to our gyms (Authorised user pass)
To gain access to our gyms you must complete an induction or familiarisation session. This should take 20 to 60 minutes depending upon your level of experience.

Induction - New gym user

For new gym users we recommend a full gym induction offering you support and guidance in using the gym equipment safely and correctly as well as providing confidence and a basic programme to get you started.

Familiarisation - Experienced gym user

For experienced users we recommend a familiarisation session covering any equipment you may not be familiar with and provide you with any advice from the gym staff on your current programme should you require it.

Please contact the centre you wish to book the session at and they will arrange a time slot for you. Please note you are required to wear gym clothing and we advise to arrive 5 - 10 minutes prior to your booking.

The minimum age for gym entry is 14 years.

help us help you

What motivated you to come to the gym?

- I want to get stronger and be more powerful
- I want to be better at my sport
- I want to be more athletic and move well
- I want to be fitter and more conditioned
- I want to cross train
- I want to train with HIIT

Other (please specify)

What Equipment do you need to cover?

- Free Weights
- Cable Machines
- Functional Equipment
- Conditioning and CV Equipment

Your Induction Checklist? Have you covered -

- PARQ
- Health & Safety
- Manual Handling
- House Keeping
- Behaviour Standards
- Leisure Active

Are you a Leisure Active Member? Yes No

If No, and you would like a member of the sales team to contact you with information on how you can save money? Please here



Strength and Conditioning Suite requires an additional induction, if already a gym member.

To gain access to Sport Scotland - Institute of Sport S&C Areas. Must be an approved coach / session.

are you ready

Physical activity is not inherently dangerous and offers many health benefits, but in order for your instructor to offer appropriate activity options please complete our Physical Readiness Questionnaire.

Please as appropriate

Yes / No

1. Has your doctor said that you have a heart condition?
2. Have you recently been told you have high blood pressure?
3. Do you have diabetes?
4. Are you currently undertaking any form of physical rehabilitation?
5. Are you pregnant or had a baby in the last 6 months?
6. Are you taking any medication which may affect your exercise tolerance?
7. Is there any other reason why you should not take part in physical activity? If yes, please specify:

No to all questions

You can be reasonably sure that you can start to become more physically active and take part in suitable induction and exercise programme or class. Remember to start slow and build up the intensity and pace of your session gradually.

YES to one or more of the questions

Speak to one of our fitness instructors who will advise you on the best course of action. This may mean contacting your doctor prior to undertaking physical activity. Talk to your doctor if you are unsure and follow his/her advice.

Gym Etiquette

Please to confirm your acceptance and understanding

- Please clear and tidy equipment or weights back in the storage area after use
- Use spotter on all major lifts (Don't train alone)
- Use collars at all times when using free weights
- Wear recognised fitness footwear during your workout
- Show courtesy and be respectful of other users and staff