

Application for Membership

Personal Details

Title: Mr/Mrs/Miss/Ms
Surname: _____ Forename(s): _____
Address: _____
Town/City: _____
Post Code: _____ E-Mail: _____
Mobile No: _____ Work No: _____
Home No: _____ Date of Birth: _____
Occupation: _____ Employer: _____

Corporate Memberships Only

Corporate Group: _____
Address: _____
Post Code: _____ Work Tel: _____ Other Tel: _____
Email: _____

Type of Membership Applied for: _____
If joining as a couple, please specify who with: _____
Payment type: _____

- I hereby apply for membership of Lamphey Court Spa & Health Club commencing on:
- I agree that all parties named in this application form have read, understood and agreed to abide by the Lamphey Court Spa & Health Club rules and any amendments brought to our attention during membership.
- As parent/guardian of the above named in this application, I agree to ensure that they will abide by the Lamphey Court Spa & Health Club rules.

Signature: _____ Date: _____

How did you hear about the Lamphey Court Hotel & Spa?

Member referral Members Name: _____

Medical referral Advertisement Hotel Phone Book Other Please State Below.

Amount Paid: _____ Method of payment: Cash Card Direct Debit

Staff Name: _____ Staff Signature: _____

Date of induction carried out: _____ Instructor: _____

We are registered under the data protection act and all personal information held by us on computer, is held in accordance with our registration. Lamphey Court Spa & Health Club may contact you with offers or pass on your information to their group companies and approved by third parties who may also contact you with special offers of goods, services or forthcoming events / promotions which may interest you. Please tick if you do not wish your information to be used in this way.
 All information given is voluntary. You have the right to apply for a copy of this information.

Physical Activity Readiness Questionnaire

Your safety, and the benefit of regular exercise, is very important to us. For this reason we wish to establish your current health status prior to exercise. The questions below are designed to identify those persons who should obtain advice from our in-house Leisure Team before commencing exercise. All questions to be answered.

Part 1 – Please ticks the relevant boxes for all the questions below.

	YES	NO
1. Do you suffer from a heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you ever had chest pain brought on by physical exertion?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you suffered from chest pain lasting for more than 60 seconds while at rest?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you ever suffer from dizziness, vertigo or loss of consciousness brought on by physical exertion?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you been diagnosed with Osteoporosis or Osteoarthritis?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever taken medication for blood pressure or a heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you have high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you suffer from breathlessness or wheezing when at rest or after slight physical exertion?	<input type="checkbox"/>	<input type="checkbox"/>
9. Are you aged 65 or over, and unaccustomed to regular exercise?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you suffer from back pain brought on by exercise?	<input type="checkbox"/>	<input type="checkbox"/>
11. Are you currently pregnant?	<input type="checkbox"/>	<input type="checkbox"/>
12. Are you diabetic?	<input type="checkbox"/>	<input type="checkbox"/>
13. Do you suffer from Epilepsy?	<input type="checkbox"/>	<input type="checkbox"/>

Next of Kin: _____ Relationship: _____

Home Tel: _____ Mobile Tel: _____

Signed: _____ Date: _____ Team Member: _____

If you have answered 'YES' to one or more questions in Part 1, we will be required to seek guidelines from the Leisure Team prior to commencing exercise.

TERMS & CONDITIONS OF MEMBERSHIP

1. DEFINITIONS

- a) Application Form – The membership application, direct debit instruction, the activity readiness questionnaire and the club rules.
- b) Children – People under 16 years of age and accompanied by an adult member.
- c) The Club Rules – The conditions set out together with the application form and any other rules which may apply by law.
- d) Physical Activity Readiness Questionnaire – You must fill in the physical activity readiness questionnaire before using any facility of the club. Certain medical conditions may mean you need a medical referral and a specific exercise programme before we can give you full membership.
- e) Fees – We have several categories of fees;
 - Guest Fee – A charge for your guests to use the facilities.
 - Joining Fee – A non-refundable fee paid on joining.
 - Monthly Membership Fees – The fees you must pay each month by standing order for the month to come.
 - Admin Fee – An administration fee paid on top of memberships
 - Advance Membership Fees – The fees you must pay 3, 6 or 12 months in advance.
 - Corporate Contract - Business to business. Contract by negotiation.
- f) Initial Term – The period which ends 3, 6 or 12 months after the date you join, depending on membership type. You may not cancel your membership during the initial term unless you can provide a doctors medical certificate or a letter confirming redundancy from your employer. The cancellation will only apply when one of these documents has been received.
- g) Minimum Notice Period – You must give one full calendar months' notice after the end of the 3, 6 or 12 month initial period. The Club will confirm this and advise you, if applicable, when your final direct debit will be made and the amount payable.
- h) Members – People we accept to become member..
- i) Joint members must be of the same household address.

2. CLUB RULES

- a) A copy of the rules is displayed at the Spa area.
- b) If we are going to temporarily change the club rules, we will display any amendments in reception. We will only make permanent changes after giving you at least one months' notice. You may cancel your membership if these changes are unacceptable. You must give us the minimum notice period (see section 1, paragraph g).
- c) When you sign the application form, you are agreeing to pay the fees and keep to the club rules.
- d) We may sell or transfer the benefit of our agreement with you, or the ownership of the club, to another person, firm or company at any time without giving you prior notice. Your membership of the club will continue to be valid, and we will try to give you notice if possible.

3. ABOUT YOUR MEMBERSHIP

- a) We may end your membership without notice if you repeatedly or seriously break the club rules.
- b) We will charge you £15 if your Direct Debit is rejected or not paid. If your Direct Debit is rejected two times in a row, we will cancel your membership. If you would like to reinstate your membership, you will have to pay the Direct Debits which were rejected, plus an administration fee.
- c) Membership fees are subject to periodic increases (normally annually).

4. YOUR MEMBERSHIP CARD

- a) You will receive a membership card. You must present your membership card upon entry to the leisure facilities. If you forget your card, we may need to see proof of identity. If you have lost your card, we will charge you for a replacement.
- b) Your membership applies to you and cannot loan or transfer it to another person

5. SUSPENDING YOUR MEMBERSHIP

- a) You may suspend your membership for no more than 6 months (we can only suspend your membership from the 1st of the month). We may charge a reduced monthly fee during the suspension period. You may also suspend your membership if you have a 12 month contract period. When we receive the suspension charge, we will extend your membership by the length of the suspension period.
- b) We cannot suspend membership retrospectively. In other words, you cannot ask us to suspend your membership for a period which has passes when you did not visit and use the facilities for any reason.
- c) If you want to suspend your membership, please liaise with the club manager.

6. IF YOU CANCEL

- a) If you want to cancel your membership, please fill out the clubs cancelation form and hand it to the club manager. Please refer to the clauses in relation to the notice you must give.
- b) If one person who has joint or corporate membership cancels or suspends, the other person's membership will change over to the individual rate.
- c) If you cancel your direct debit membership before the 12 months from the original start date, we will charge you the monthly membership fee.

7. GUESTS

- a) You may bring guests to the club. We will charge you a guest fee. Each guest must fill in the relevant forms and you must stay with your guests and make sure that they keep to the club rules.
- b) We may restrict guest admission at certain peak times. Please check before you visit the club that we will accept your guests.
- c) We can refuse your guest entry to the club for reasons of health & safety or if your guest does not adhere to the behaviour section on these rules (section 9).

8. BEHAVIOUR

- a) You must wear appropriate clothes and shoes in the gym. In the interest of health and hygiene, you must shower before entering the pool, Jacuzzi, steam room and sauna.
- b) You and your guests must not;
 - Abuse the equipment or facilities of the club (you will have to pay for any negligent or deliberate damage to club property).
 - Behave in a violent or rude manner or in a way which offends, distresses, or annoys anyone else.
 - Smoke in any part of the club.
 - Bring alcoholic drinks, drugs or mood-altering substances into the club.
 - Use facilities of the club whilst under the influence of alcohol, narcotics or mood-altering substances.
 - Drink alcohol in areas other than those allowed by the club.
 - Bring food into the club.
- c) We can refuse admission or ask you and/or your guest to leave the club if we reasonably believe that you or they have broken any part of section 9, paragraph b.
- d) The club manager can decide who becomes a member.

9. DISCLAIMER

- a) In the case of loss or damage of personal property, our liability is limited to a reasonable amount having regard to such factors as whether the damage/loss was due to negligent act or omission by us.

10. OTHER

- a) We can;
 - Change, withdraw or add to these rules (see section 2.b if you are unhappy with any changes of these rules).
 - Change the operating hours of the club.
 - Change certain facilities temporarily for decorating, cleaning, essential repairs or maintenance of equipment and special events.
 - Refuse to rebook an appointment for you if you repeatedly cancel.
 - Show new members and other individuals the facilities of the club and allow them access on a trial basis.
 - Use any photographs of members or guests for promotional purposes, excluding infants/children.
- b) You can book for any class up to 5 days before the class you want to attend.
- c) Where lockers are provided for rental, we may remove any items you leave in lockers overnight. Contents held for 2 weeks for safe keeping for security purposes
- d) We will not allow photography within the health club unless you get permission beforehand.

I confirm that I have received a copy of the current terms & Conditions and the current rules of the club and have read them and agree to abide by them.

Signature: _____

Date: _____

Name (please print): _____

SPA ETIQUETTE

- All members must receive a full initial induction before using the Health Club facilities
- All members must produce your membership card at reception before using the Health Club facilities
- All bags and belongings must be kept in lockers provided in changing rooms
- Lockers must be emptied daily, and not kept by members overnight.
- Suitable sports exercise clothing must be worn at all times whilst exercising
- Appropriate footwear must be worn at all times (no flip flops in the gym.)
- Junior members (under 16) must be accompanied by an adult whilst using the facilities
- Under 14's are NOT permitted to use the Sauna, Steam Room or Jacuzzi facilities
- Members must wipe down any equipment that has been used in that session
- Ensure that you shower after your training session if you intend on using the wet spa area
- Members are to ensure they shower between using the Sauna/Steam Room and Pool/Jacuzzi.

