



Today's Date: _____
Orientation Date/Time: _____
Staff: _____
Key tag #: _____
Membership Type: _____
Price: _____

MEMBERSHIP AGREEMENT FORM

Personal Information

First Name: _____ Middle Initial: _____ Last Name: _____

Birthday: Month _____ Day _____ Year _____ Circle One: Male Female

Address: _____

City/Town: _____ Province: _____ Postal Code: _____

Home Phone: () _____ Cell Phone: () _____

Email Address: _____

Emergency Contact First

Name: _____ Last Name: _____

Home Phone: () _____ Cell Phone: () _____

MEMBERSHIP TERMS & CONDITIONS – WAIVER & RELEASE (on reverse) in FULL as each member is responsible to understand and follow the rules and requirements of being a member. We appreciate your collaboration in making Village of Fort Simpson Fitness Centre an enjoyable place to work out!

MEMBERSHIP TERMS & CONDITIONS – WAIVER & RELEASE

Membership Policies: (New policies and announcements will be clearly posted. Members are responsible to read/obey these rules) Acknowledgment of Risks, Injury & Obligations

I acknowledge that the activity I am to undertake is a dangerous activity and that by participating in it I am exposed to certain risks. I acknowledge and understand that whilst participating in such activity:

- I may be injured, physically or mentally, or may die;
- My personal property may be lost or damaged;
- Others participating in such activity may cause me injury or may damage my property; I may cause injury to other persons or damage their property
- The conditions in which the activity is conducted may vary without warning
- I assume the risk of and responsibility for any injury, death or property damage resulting from my participation in the activity.

Release and Indemnity

I participate in the activity at my sole risk and responsibility. I release, indemnify and hold harmless the Village of Fort Simpson, its servants and agents, from and against all and any actions or claims which may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage or death caused to me or my property whether by negligence, breach of contract or in any way whatsoever.

Rules and Regulations

1. Village of Fort Simpson Staff reserves the right to rescind the rights of members not complying with the terms
2. A member may be required to show their membership/ID card at any time in the gym.
3. All members must scan in using their key card/FOB, and are required to sign in the Time In/Out Book.
4. Suitable clothing must be worn in the gym at all times. This includes a shirt and indoor footwear that cover the toes. All members must remove outdoor footwear at the entrance.
5. Negative attitudes, disruptive conduct, foul language and any other offensive behaviour will not be tolerated.
6. Smoking, chewing tobacco and alcohol is prohibited in the gym.
7. All membership dues are to be paid in advance.
8. Memberships are not refundable or transferable. Special circumstances may be considered and the Village of Fort Simpson reserves the right to withhold a certain percent of the membership fee under such circumstances
9. **Wipe up and put away** all equipment when finished, All equipment and accessories are to remain in the gym at all times
10. All weights and equipment must be put back after use.
11. No one under the age of 15 is allowed to use the fitness centre
12. Parent's or Guardian's signature required for ages 15 to 17 years of age
13. **NOT ADVISABLE TO WORK ALONE**
14. Any infraction to above rules will lead to suspension of membership.

Rules for the key cards/FOB's:

- The key card/FOB number that is registered to the client/user is for their use only.
- DO NOT give, lend, or rent key card/ FOB to anyone.
- DO NOT provide access to non-members when entering Fitness Centre

Any infraction to above rules will lead to the following suspension of membership:

- ❖ 1st Offence – 1 Month Suspension.
- ❖ 2nd Offence - 3 Month Suspension with a option to pay for 3 month to reinstate their membership.
- ❖ 3rd Offence – 1 Year Suspension.

Village of Fort Simpson Fitness Centre Fees

- Daily Drop-in Fee - \$10.00
- Weekly (7 Days) Registration Fee - \$30
- Monthly Registration Fee - \$50.00
- 3 Month Registration Fee – \$135.00 (10% discount)
- 6 Month Registration Fee - \$255.00 (15% discount)
- 12 Month Registration Fee - \$500.00 (16.6% discount)
- ❖ Key Fob Deposit \$20.00

VILLAGE OF FORT SIMPSON FITNESS CENTRE disclaimer:

The purchaser of services and/or products provided by the VILLAGE OF FORT SIMPSON FITNESS CENTRE assumes all risks, known and unknown, inherent to exercise and workout programs, physical changes and/or injuries which may result from the use of such products and/or services. The undersigned purchaser consents that participation is voluntary. Purchaser and purchaser’s heirs agree to hold the VILLAGE OF FORT SIMPSON FITNESS CENTRE and staff free from any and all liability resulting by reason of any injury, damage or loss to purchaser or purchaser’s property, from the services and/or products offered. As with any exercise program, purchaser with a personal or family history of health problems should consult with a physician before starting a new exercise or diet program. Purchaser has not misrepresented themselves or withheld information which pertains to their health, physical capacity or intentions. The undersigned purchaser is fully aware of all rules in this document.

Purchaser is also aware of the consequences and membership privileges if purchaser does not comply with these policy rules.

Signature of Member or Parent/Guardian

Date of Signature/Contract Start

Signature of Witness (or Staff in lieu of unavailable witness)

Date of Signature

This document and signatures have no expiry date and apply to the member for the entire duration of their membership. Failure to comply with the policies and standards of the gym may permit the management to revoke the membership agreement/privileges without notice or restitution to the member.

PAR-Q & YOU

YES NO

- | | |
|-----|---|
| ___ | 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? |
| ___ | 2. Do you feel pain in your chest when you do physical activity? |
| ___ | 3. In the past month, have you had chest pain when you were not doing physical activity? |
| ___ | 4. Do you lose your balance because of dizziness or do you ever lose consciousness? |
| ___ | 5. 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? |
| ___ | 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? |
| ___ | 7. Do you know of any other reason why you should not do physical activity? |

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

SIGNATURE _____

DATE _____