

FOREST FITNESS – TERMS AND CONDITIONS OF MEMBERSHIP – January 2019

This document specifies the Terms and Conditions of all memberships. The Member is advised to read the whole of this agreement carefully. This agreement is made between Forest Fitness and you (The Member).

1. You, Your Health and Your Safety

- 1.1 All members must complete an induction to ensure they understand how to use the equipment safely.
- 1.1.2 Forest Fitness cannot accept responsibility for any injury, loss or damage sustained as a consequence of misuse of equipment or as a consequence of an existing health condition
- 1.1.3. That the Member enters an exercise programme and uses any equipment entirely at his/her own risk.
- 1.1.4 That any exercise programme is designed to place an increasing workload on the body's heart and lungs. The exercise programme cannot be predicted with complete accuracy and there is risk that the applicant may experience abnormalities in blood pressure and heart rate before, during or after exercise.
- 1.1.5 A specific exercise programme will be given in response to the information provided on the Health and Fitness Questionnaire.
- 1.1.6 That all exercise programmes will include a warm up, a specifically designed exercise programme and a cool down
- 1.1.7. The member hereby authorises Forest Fitness to obtain any additional information which it may require from his/her General Practitioner (GP) or ask the member to produce this.

2. Your Health

- 2.1 The member will be responsible for monitoring his/her own physical condition throughout any exercise programme. In the event of any unusual symptoms occurring, the member should inform a Forest Fitness member of staff immediately.
- 2.2 The member declares that to the best of his/her knowledge, the information provided in the health & fitness questionnaire is complete and accurate. The member must disclose to Forest Fitness if he/she knows of any reason why he/she should not take part in the exercise programme prescribed.

3. Our Centre Conditions

- 3.1 Members are required to adhere to the centre rules and regulations on display. Failure to do so may result in entry being refused. The refusal of entry duration is at the discretion of Forest Fitness.
- 3.2 Admission will not be granted unless a valid membership card is presented clearly to the receptionist or validated by the computer system or at the kiosk each time you use the facility.
- 3.3 Membership cards will not be valid until the member has their photograph taken.
- 3.4 In the event of losing your membership card, please visit reception. A replacement card will be issued and a small administration charge will be made.
- 3.5 Your membership card is non-transferable. You must not allow anyone else to use your card or membership number. Cards being used by any other person other than the authorised member will result in that membership being cancelled and no refund of the registration fee or subscriptions made.
- 3.6 Admission is subject to the facility operating at a safe capacity. The decision of the Centre Manger or their nominated person is final.
- 3.7 Centre programming is subject to change and availability from time to time.
- 3.8 Membership products and prices may be subject to change at the discretion of Forest Fitness.
- 3.9 Members are required to change into training clothing, no jeans.
- 3.10 Members are asked to respect personal hygiene at all times within the centre and to wipe clean equipment & mats after use.
- 3.11 Free weights are to remain on the matted area at all times and be returned to the racks after use. Additional weights being loaded onto the resistance machines are prohibited.
- 3.12 Lockers located near the fitness centre are for the use of the members using the fitness centre. You must not take locker keys off of the premises. All lockers will be emptied each night and items found placed in lost property. Forest Fitness cannot be held responsible for loss of or damage to any contents placed within the lockers, how so ever caused.
- 3.13. No spectators are allowed into activity areas.

4. Payment conditions

- 4.1 Customers joining on an annual membership option must pay by monthly recurring card payment. Failure to make any due payment will result in the membership being suspended. Access will be denied until outstanding payment has been made. Any further outstanding account arrears will be payable before reinstatement of any membership scheme run by Forest Fitness. Forest Fitness retains the right to recover all outstanding balances.
- 4.2 Monthly recurring payments will automatically continue until Forest Fitness is notified otherwise in writing. Membership can be cancelled at any time in writing via email.
- 4.3 All centre and membership prices are guaranteed to remain the same for the length of your membership.
- 4.4 Members are required to pay for all activities outside of their membership option and must have a valid ticket for use.
- 4.5 Annual prepaid memberships are non-refundable.

5. Change of Membership Status

- 5.1 For all membership enquiries, please contact Forest Fitness via paul.runham@forestgatecst.org 020 8534 8666 ext 111
- 5.2 All annual membership cancellations requests must be made via email paul.runham@forestgatecst.org You will receive confirmation via return email.

The Management reserve the right to reject any application or withdraw without refund any membership in the event of failure to comply with Membership Conditions and Centre Regulations. Forest Fitness shall not be liable for any loss, damage or theft of personal property belonging to the member, (or any guest of the member) occurring upon the premises, except to the extent that such loss, damage or theft of personal property arises from any negligent act or omission of Forest Fitness. Forest Fitness shall not be responsible for the death or injury of the member, (or any guest of the member) occurring upon the premises or as a result of the use of the facilities and/or equipment provided in the premises, except to the extent that such death or personal injury arises from any negligent act or omission of Forest Fitness. For the purpose of this clause Forest Fitness includes all sports facilities used for hire at Forest Gate Community School or any premises operated by it, Health and Fitness specialist instructors or other employees, servants or agents.



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The applicant has read this agreement in its entirety including both sides of this form, understands the contents of it completely, has taken all such independent advice on it as he/she wishes and accepts all the terms and conditions contained on it.