

name:

### parq health questionnaire

please read the questions carefully and answer each one honestly, ticking the appropriate box or adding information if necessary. your responses will of course be kept in the strictest of confidence.

1. has your doctor ever said that you have a heart problem?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
2. have you had any chest pain when you were doing any activity?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
3. have you ever experienced any chest pain when you were resting?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
4. are you currently taking medication for a heart condition?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
5. are you currently taking medication for any other problems?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
6. do you suffer from any bone or joint problems?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
7. have you had any major illness or major surgery?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
8. have you ever been diagnosed with diabetes?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
9. have you ever been diagnosed with epilepsy?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
10. have you ever been diagnosed with asthma?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
11. have you ever been diagnosed with any other health problems?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
12. are you pregnant?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
13. have you recently had a baby?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
14. do you ever lose your balance because of dizziness or lose consciousness?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>
15. are you feeling unwell at present due to cold, flu or headache etc?	yes	<input type="checkbox"/>	no	<input type="checkbox"/>

if you have answered **yes** to any of the questions above, please enter the question number and a brief description of the medication and condition below. we may need to contact your doctor to establish your starting point for exercise

**if your health changes so that you may then answer 'yes' to any of these questions, you must inform a member of staff as soon as possible.**

q. no.	medication & condition

i have read, understood and completed this questionnaire. any questions that i had were answered to my full satisfaction. please sign below to authorise written communication with your doctor if required. i consent to tfd contacting my gp concerning my application for membership.

signature:

date:



# membership application form

id no.

## personal details

title	mr / mrs / miss / ms / dr	name of joint member :
first name		
surname		
date of birth		joint member id no.

address:  
 postcode:

home tel				
work				
mobile				
email address				
preferred contact method	home tel. / mobile / email / post			
emergency contact	name:	tel:		
doctors	name:	practice:		
your occupation				
how did you hear about tfd ? (circle)	word of mouth	signs	local press	leaflet drop
	other (please specify)			

## membership prices and payment options (\*circle your membership choice)

	12 month membership		24 month membership		6 month	3 month
lifestyle 7 day - all hours	single payment	*direct debit	single payment	*direct debit	single payment	
single	£434.00	£38.25	£726.00	£31.75	£270.00	£160.00
joint	£791.00	£68.00	£1356.00	£58.00	£485.00	£290.00
<b>lifestyle 60+ membership - access 7 days to 4pm</b>						
60+ single	£334.00	£29.90			£182.00	
60+ joint	£580.00	£50.40			£310.00	
corporate membership	corporate rates can be arranged for group applications of 8 and above					
joining fee (per person)	£100 ask at reception for current offer					
*pro-rata fee for direct debit	payable for membership from joining date up to first direct debit payment					

**3 year and 5 year memberships also available. please ask for prices.**

*i have read and agree to the terms & conditions of membership overleaf*

<b>members signature:</b>	<b>date:</b>
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## please make cheques payable to: paladin leisure ltd

office use	date joined	jj	pr	dd	pd in full	how paid & date	tfd staff:	
		£	£		£		ind.date:	
	corp rate	a b c	corp id	y / n	notes:			

## Paladin Leisure Ltd t/a the first drop

### Terms & Conditions of Membership

1. Paladin Leisure Ltd. t/a The First Drop, (TFD), offers initial membership contracts of three, six, twelve & twenty four month duration. New members have the option of paying the fees in full from the outset, or in the case of twelve & twenty four month's membership, a credit agreement is also available. An administration fee is payable for this facility.
2. Debit Finance Collections plc is employed to collect membership fees for and on behalf of Paladin Leisure Ltd. t/a The First Drop, via a direct debit arrangement. These credit arrangements are governed by the Consumer Credit Act 1974. Under the provisions of the Act, should there be default of payment, we may enforce the agreement through the County Court. You will also be liable for the charges shown on the credit agreement; these form part of your contract with us.
3. The joining fee and the membership fee are non-refundable. Neither the joining fee or your membership is transferable to another person.
4. Paladin Leisure Ltd. will undertake to notify members of any variation of these terms and conditions. A copy of the current terms and conditions of membership is available at the reception desk upon request.
5. All members will be issued with a membership card, which must be made available to TFD staff upon request, when entering or using the club facilities.
6. The TFD club induction is a mandatory condition of club membership, and must be undertaken irrespective of a member's prior experience or training.
7. All memberships are for the minimum term of that purchased. When paying by direct debit for an annual membership a minimum of 12 monthly instalments must be made.
8. Cancellation of membership can be given at any time after the minimum term purchased. One month's notice of cancellation must be received in writing by the club.
9. All members must complete the ParQ health questionnaire, in which you consent to us seeking guidance from your GP, should we believe that we have cause to do so. Under the Data Protection Act 1998, we follow strict procedures to keep your information secure, and no information will be divulged to a third party without your explicit consent.
10. Acceptance for membership in no way implies that we have assessed your medical fitness to use the club's facilities. You are strongly advised to check with your GP that you are medically fit to undertake a specific training regime.
11. We advise members not to bring valuables to the club, and to use the lockers provided at all times for items of personal property.
12. We are advised that you should not use the club's facilities whilst under the influence of drugs, alcohol, anti-coagulants, anti-histamines, vasoconstrictors, narcotics or tranquillisers. Members with diabetes, heart disease and high/low blood pressure must consult their GP before undertaking any activity. The cited list of medical conditions and drugs is not exhaustive, and members on medication or with any medical condition must confirm their suitability for training, with their GP, prior to embarking upon any activity.
13. Paladin Leisure Ltd., its employees and agents will not be liable for loss or damage to property howsoever caused, nor will it be liable for death or injury unless solely attributable to the negligence of the company.
14. The use of any equipment or facilities within the club is entirely at your own risk. Paladin Leisure Ltd. will not be responsible for harm incurred by a member who has elected to undertake a strenuous activity for which he is unsuitable.
15. Membership may be withdrawn at the sole discretion of TFD management, if a member engages in unreasonable behaviour likely to offend or harm other members, or if wilful misuse of the club's facilities take place.
16. No smoking is permitted in any area of the club, at any time.
17. All members agree to grant permission for club staff to contact them by the preferred means, if necessary.
18. A membership renewal notice will be issued to annual payers approximately one month prior to the end of their term. The membership renewal fee, or new direct debit agreement must be received prior to the renewal date to avoid payment of a further joining fee.
19. By signing the membership application form, members enter a legal agreement and agree to be bound by the terms and conditions of the club.

*membership&c's rev4*