

Royal Freshwater Bay Yacht Club Gym Membership Agreement: Physical Activity Readiness Questionnaire (PAR – Q)

This questionnaire aims to identify those individuals with a known health condition, or signs or symptoms of a health condition, who may be at a higher risk of an adverse event during physical activity/exercise. This form is self-administered and self-evaluated.

This screening tool does not provide advice on a particular matter, nor does it substitute for advice from an appropriately qualified medical professional. No warranty of safety should result from its use. The screening system in no way guarantees against injury or death. No responsibility or liability whatsoever can be accepted by Royal Freshwater Bay Yacht Club for any loss, damage or injury that may arise from any person acting on any statement or information contained in this tool.

Please complete the questions honestly and to the best of your knowledge. Circle YES or NO

1	Has your doctor ever told you that you have a heart condition or have you ever suffered a stroke?	YES	NO
2	Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise?	YES	NO
3	Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance?	YES	NO
4	Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months?	YES	NO
5	If you have diabetes (type I or type II) have you had trouble controlling your blood glucose in the last 3 months?	YES	NO
6	Do you have any diagnosed muscle, bone or joint problems that you have been told could be made worse by participating in physical activity/exercise?	YES	NO
7	Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/exercise?	YES	NO

If you have answered YES to ANY of these questions you will be required to speak with a qualified Royal Freshwater Bay Yacht Club fitness professional for further evaluation BEFORE you may commence use of the Royal Freshwater Bay Yacht Club Gym. You may be required to obtain a medical clearance for exercise.

If you have answered NO to ALL of these questions and you have no other concerns about your health you can be reasonably sure you can engage in physical activity.

NOTE: If your health changes during the term of your Royal Freshwater Bay Yacht Club Gym Membership so that you answer YES to any of the above questions, please inform Royal Freshwater Bay Yacht Club Gym Staff.

Please provide Emergency Contact Details

Emergency Contact Name:	Emergency Contact Phone Number:

Minimum Age

All Gym Members of RFBYC Gym must be a minimum of 16 years old.

All gym members between 16 and 18 years of age are deemed minors and must have a parent or legal guardian:

- a) Agree to the Terms and Conditions of this Gym Membership Agreement on behalf of the minor; and
- b) Sign the RFBYC Gym Parental Consent Section of this agreement before Gym Membership is approved.

By signing this agreement parents or legal guardians agree to be held responsible for any breaches by the minor of the Gym Membership Agreement and acknowledge they will be held liable for any of the consequences or penalties specified in the Agreement including suspension of their own Gym and / or Club Membership.

Terms and Conditions for Royal Freshwater Bay Yacht Club Gym Membership

1. All Gym applicants must be a current Club Member to be eligible for Gym Membership. For Gym Membership to stay active the individual must maintain a current membership to RFBYC at all times and fulfil all conditions and obligations associated with their membership category.
2. The Gym Member is required to complete a PAR Q Form prior to using the Gym for the first time and may be required to complete an Induction Training Program if they answer yes to any question on the survey.
3. The Gym Member warrants that they are in good physical condition and have had the necessary medical advice prior to embarking on a fitness program or exercise routine. If suffering from an illness, sickness or long-term medical condition, or have not visited a fitness facility or gym in excess of 6 months as a result of illness or injury, the Gym Member may be required to provide a Medical Certificate from their doctor permitting membership of a fitness facility.
4. The Gym Member warrants to the RFBYC that they are medically sound to undertake a normal course of exercise.
5. The Gym Member acknowledges that they engage in any classes or courses held in the RFBYC facility and surrounds at their own risk.
6. The Gym Member acknowledges and agrees:
 - a) The Gym Members use of RFBYC Gym facilities and the fitness equipment provided is at the Gym Member's sole risk and responsibility and that the Gym Member is aware that exercise is physically demanding and participation in some activities may result in injuries.
 - b) RFBYC is not liable to the Gym Member for any injuries that the Gym Member sustains while using RFBYC facilities and the fitness equipment provided unless that injury is caused by the gross negligence of COPLSLSC.
 - c) Whilst every care is taken RFBYC cannot guarantee the surfaces in the Gym, including the toilets and change rooms, will not become slippery from water and sweat and is not liable for any injury resulting from this.
 - d) To release RFBYC and all employees, volunteers, agents and officers thereof from and against all liability in negligence or howsoever, arising from the injury, illness or death or loss of or damage to property occurring to or sustained by the Gym Member or any child of theirs or child who is under their care and control whilst in, or near the premises of RFBYC including the Gym.
 - e) If any child of theirs or child who is under their care and control shall be at the premises of RFBYC or its surrounds (including the Gym) and that child suffers death, illness or injury or loss of or any damage to property then I shall indemnify RFBYC against any and all claims, demands, actions and causes of any action made or brought against RFBYC by or on behalf of the said child in respect of any death, illness, injury, loss or damage.7/RFBYC is not liable to the Gym Member for any injury sustained by the Gym Member while they are under the supervision of a personal trainer.
7. In the event that a Gym Member breaches the Terms and Conditions the Gym Member acknowledges that they accept full responsibility and liability for any injury, loss or damage suffered by, or attributed to, the person whom they allowed entry into the Gym, whether or not the injury, loss or damage was caused by or resulting from the negligence of RFBYC and or its Staff.

I _____ (Print Full Name) understand and agree to abide by the membership terms and conditions. I have completed the PAR-Q form above and to the best of my knowledge all the information I have provided is true.

Signed: _____

Date: _____

Parent/Legal Guardian Consent: I _____ (Print Full Name) acknowledge that this is a legally binding agreement and that I have read and agree to all of the provisions and terms and conditions outlined in this document and I consent to the declaration and application for Gym Membership of the applicant.

Signed: _____

Date: _____