

Boot Camp Cork

Membership & Health Screening Form

First Name _____ Surname _____

Address _____

Mobile Phone _____ Email _____

Home Phone _____ Date of Birth _____

Please Answer All The Questions:

Are you currently pregnant or just after a baby? Y/N _____

Have you had any recent operations? Y/N _____

If yes, give details: _____

Are you currently under medical treatment, observation of any type? Y/N _____

If yes, please give details: _____

Please state whether you recently suffered from any illness, infection, injury. Y/N _____

If yes, please give details: _____

Do you currently have any condition which you should advise us of? E.g. Heart problems, High/Low Blood Pressure, Diabetes, Asthma, osteoporosis etc. Y/N _____

If yes please give details: _____

Please list anything that you feel should be brought to our attention and not listed above before taking part in the class: _____

IN CASE OF EMERGENCY PLEASE GIVE THE NAME OF SOMEONE WE CAN CONTACT:

Name _____ Telephone No: _____

I the undersigned, declare that the information that I have given is accurate to the best of my knowledge. I have read and understand and accept the rules and information of Nemo Fitness Centre on the next sheet of this form. I understand the nature of this health questionnaire and that there are risks and dangers inherent in physical exercise and I have being advised to seek medical advice before taking part in any physical activity. I agree to release, discharge, absolve and hold harmless Nemo Fitness Centre, there agents and employees and instructors from any and all liability arising out of any accident, injury or loss sustained by me as a result of activities at any class in any club or facility in which it takes place. I am over the age of eighteen.

Signed: _____ Date: _____

TERMS, CONDITIONS, RULES & REGULATIONS

1. Each member attends a training class of their own free will.
2. Each member must complete a health waiver prior to training and agree to its terms and conditions.
3. It is the sole responsibility of every member to inform the instructor of the class of any injury or reason that they cannot train or exercise.
4. Should any member feel any injury at any time during or before any Bootcamp class, they must immediately inform the instructor and refrain from training until they seek professional medical advice to do so.
5. The instructions and directions given by the instructor are done so at their own discretion and must be adhered to for the safety of each individual.
6. If any member feels for any reason that they cannot do the exercise or activity in the class, they must inform the instructor who may in turn suggest an alternative if he / she feels it is suitable, or refrain from doing that exercise / activity.
7. The Bootcamp instructor or Boot Camp Cork / Nemo Fitness Centre cannot be held responsible for injuries caused during the course of the training session as injuries are possible.
8. Bootcamp sessions occasionally go outside the parameters of a standard fitness training programme, that you may be used to in the gym etc and each member attends of their own free will.
9. Bootcamp cannot be held responsible for lost, damaged or stolen property during any Bootcamp training session. Bootcamp Instructors or Team will not mind members property during training, i.e. jewellery, keys etc.
10. Fees cannot be carried forward to the next session. If you miss classes for whatever reason, work, holidays, family engagements, injuries, illness, laziness etc. we will not give refunds or carry forward classes, transfer your membership or suspend your membership under any circumstances.
11. It is up to each member to attend as many of the classes during any paid session.
12. Bootcamp training will go ahead in all weather conditions, rain, snow, sleet, sunshine, storm etc., unless stated.
13. It is the responsibility of each member to clearly give either a mobile number and or email address at registration, where they can be reached up to 1 hour prior to any training session.
14. On occasion Bootcamp may need to change a training location or time for unforeseen circumstances, in the event of this occurrence Boot Camp Cork / Nemo Fitness Centre may notify members 1 hour prior to the scheduled time by text.
15. Should your contact details change while you are still a Bootcamp member you must notify us by emailing your new contact to info@nemofitnesscentre.com.
16. Each member must wear appropriate training attire during any class or activity. Should you not know what the appropriate attire is, you can contact us.
17. Should the scheduled instructor not be present for a training session, alternative arrangements may be made for the class. This may include a temporary replacement or otherwise. This decision will be at the discretion of Bootcamp organisers or selected members.
18. It is the responsibility of each member to inform the instructor if they feel they require additional warm up or cooling down at any class.

19. Press shots may be taken from time to time during any training session, should any member not wish to have their picture or name published, they must inform Nemo Fitness Centre at registration or by email.
20. Bootcamp classes are run with an 'at your own pace' policy, however the instructors and team are there to push you to train at your hardest. If you feel that you cannot keep up the pace that is being set for you, its up to you to pull out or to mention it to the instructor that you will train at a lesser pace.
21. Bootcamp Instructors and/or team use terms and phrases throughout the classes to encourage and motivate members, it is not our intention to offend anyone.
22. Bootcamp have the right to refuse admission to any of its classes or sessions.
23. Bootcamp members must comply with any amendments made to Rules and Regulations.
24. Bootcamp training sessions operate in a variety of settings, class numbers (large and small), conditions and surfaces including, outdoors, indoors, gym, halls, parks, weights rooms, grass, tarmac, concrete, astro, dimly lit areas, brightly lit areas, confined spaces, large spaces, rough terrain, hills, wet conditions etc. Members who are unsure of what type of surface you are booked in for, should contact Nemo Fitness Centre by email for details. Once you are registered, Boot Camp Cork / Nemo Fitness Centre will not refund members due to dissatisfaction of your class surroundings or conditions.
25. Should any member require any specific medical aids or otherwise (eg, inhaler, supports etc), it is up to that member to disclose this information to the instructor prior to each class, and ensure that they have it with them.
26. Should a member arrive at any class after it has started, they may not join in without notifying team or instructor as they will not be insured.
27. Each member must register i.e. give their name to the Bootcamp Team member on duty prior to every class.
28. All classes must be paid for before commencement of class course..
29. There is no transferring off classes from one person to another.
30. If you have a health issue, please bring it to our attention.
31. If for any reason there is a change in your health during the course please inform the instructor before the class begins.

These rules are there to help classes run smoothly for class members and instructors, so please try and keep them. Please remember to make sure that you are able to attend the classes before paying your money. Be aware that you might aggravate an old injury or that sometimes your situation can change due to injury, health or other matters. Remember no refunds, no freezing or no transferring under any circumstances, no exceptions. Please do not embarrass instructors by asking to change the rules for you.

I have read and I accept the terms and conditions of the rules and information outlined above.

Name in block capitals _____

Signed: _____ Date: _____

Express assumption of risk

I understand that participation in regular exercise programme can produce physical change. These changes can include work capacity, improved cardiovascular efficiency, increased strength, muscle mass, flexibility, power and muscular endurance.

I also understand that exercise carries some risk to the musculoskeletal system (sprains, strains and injuries) and to the cardio respiratory system (dizziness, discomfort in breathing or even a heart attack). The results are depending on intensity of my efforts – the harder I exercise the better the results – but also the greater the risk of injury or complications. I am also aware that a physically intense programme also increases emotional exertion.

I hereby certify that I know of no medical problems (except those that I have noted in this questionnaire / consent form) that would increase my risk of illness or injury as a result of participation in regular exercise programme or boot camp classes. I agree that despite any medical conditions I may have which could pose a threat that I am proceeding at my own risk with this exercise programmes. If I do have any medical conditions that do pose a risk, I have informed Boot Camp Cork / Nemo Fitness Centre and I have or will present my physicians instructions as to an exercise prescription. I have also had an opportunity to ask questions. Any questions that I have asked have been answered to my complete satisfaction.

I therefore give my consent to participate in an exercise programme. I will abide by the rules, regulations and instruction provided by my instructor from Boot Camp Cork / Nemo Fitness Centre. I am aware that it is my responsibility to inform any instructor acting for them or on behalf of them of any problems that I may have with the programme, whether physical or psychological. Without my input in my development any instructor acting on there behalf cannot offer me the highest quality of services.

I have read the above and understand fully and all questions have been answered.

Client Signature _____ Date _____

Waiver

In consideration of being allowed to participate in the exercise activities with Boot Camp Cork / Nemo Fitness Centre and to use its facilities, equipment and services, in addition to the payment of any fee or charge, I hereby forever waive, release and discharge Boot Camp Cork / Nemo Fitness Centre and its officers, agents, employees, executors and all others acting on their behalf from any and all claims or liabilities or damages to my person and/or property, including those caused by the negligent, act or omission of any of those mentioned or others acting on their behalf arising out of or connected with my participation in any activities, programmes or services of Boot Camp Cork / Nemo Fitness Centre or the use of any equipment provided by and/or recommended by Boot Camp Cork / Nemo Fitness Centre .

I have read and understand fully the above and I have voluntarily agreed to participate, using equipment and machinery with full knowledge, understanding and appreciation of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.

I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would prevent my participation or use of exercise equipment and related machinery.

I have answered the above health, medical, dietary, training questions truthfully. I have consulted or will consult with my personal physician in regard to my ability to engage in a strenuous exercise programme.

I understand that Boot Camp Cork / Nemo Fitness Centre prescription and maintenance of an exercise for me does not constitute an acknowledgment, representation or indication of my physiological well-being or a medical opinion relating thereto.

Client Signature _____ Date _____

Whom should we contact in case of an emergency?

Name _____

Phone number (home) _____ Mobile _____

Address _____
