



## **SQUASH/GYM INDUCTION WAIVER – Sept 22**

I understand and acknowledge that participating in the use of the Leyburn Community Leisure Club facilities may expose me to many risks, accidents, injury, illness or even death. I agree to abide by the Policies of the Club.

I have completed the Health Check and Induction questionnaire.

If I have a medical condition, I understand that I should consult a medical professional before using equipment and facilities, including the sauna.

I confirm that I am aware that I should not exercise beyond my ability.

If I have a disability I will follow any reasonable instruction to ensure I exercise safely.

I will make myself aware of any rules and instructions, including warning notices.

I understand the risks of exercising in an unattended facility and the risks of exercising alone.

I hereby waive all claims against Leyburn Community Leisure Club, its instructors, members, players for any and all injuries, claims or damages that I might incur.

**Signed:-** \_\_\_\_\_ **Date** \_\_\_\_\_

### **GYM USE (NO UNDER 18YRS)**

*All new members are entitled to receive a free gym induction which will show you how to safely use the machines. If you wish to undertake the gym induction please ask for the Application Form, after completion please sign below.*

I confirm that I have undertaken the gym induction and fully understand the instructions on how to use the gym safely.

**Signed:** \_\_\_\_\_ **Date** \_\_\_\_\_

**Should you feel you do not need this service, please read our gym induction waiver and sign below**

*I understand that exercise can be physically demanding and if performed incorrectly can cause serious harm. I have opted to not attend the gym induction offered to me and therefore assume all liability for any possible injury caused by the exercises I choose to perform. I acknowledge that I am physically fit and free from any illnesses that may be aggravated by performing exercise. I am a regular user of gyms and I am experienced in the safe use of gym equipment.*

**Signed** \_\_\_\_\_ **Date** \_\_\_\_\_

**Print Name :** \_\_\_\_\_



**LCLC Gym Induction Voucher**

*Please contact CS Fitness – Charlie Shaw for a free Gym Induction session to show you how to use the equipment and exercise safely.*

*Charlie Shaw is a mobile personal trainer.*

*Mobile Nos.07949833822*

*Email address:csfitness7117@gmail.com*

***Personal Trainer 1 on 1, 2 on 1.***

***Nutritional Guidance***

***If you require further training with Charlie, this will be a personal arrangement and is not part of the membership fee.***

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*I confirm that I have attended the Gym Induction for Leyburn Community Leisure Centre.*

*New Members Name:* \_\_\_\_\_

*Date:* \_\_\_\_\_

*Signed:* \_\_\_\_\_

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*Gym Instructor to sign:* \_\_\_\_\_ *Date:* \_\_\_\_\_

*Upon completion of induction, please sign the LCLC Gym Waiver as required.*

***Form to be handed in.***

***Membership forms:-***

***Please take the following to complete:-***

***Membership form***

***(New members information sheet to keep)***

***Health questionnaire***

***Gym/squash waiver forms***

***Juniors (parent form)***

***Forms to be completed with Committee member:-***

***Key fob agreement (£5 deposit for a fob)***

***Fire Training***