

Pirates High Performance Gym

Physical Activity and Readiness Questionnaire (PAR-Q)

First name: _____ Surname: _____

Age: _____ Gender: _____

I.D #:

Please read the following questions carefully and circle the appropriate YES or NO box for each question. Please apply common sense when answering these questions as they have been designed to help us support you.

QUESTIONNAIRE:

1	Has your doctor ever confirmed that you have a heart condition?	Yes	No
2	Has your doctor ever recommended you should only do physical activity as recommended by a doctor?	Yes	No
3	Do you feel any pain in your chest when you do physical activity?	Yes	No
4	In the past month, have you had any chest pain when you were not doing any physical activity?	Yes	No
5	Do you lose your balance because of dizziness or do you ever lose consciousness?	Yes	No
6	Do you have any bone or joint problems that could be made worse by physical activity?	Yes	No
7	Is your doctor currently prescribing any medication for your blood pressure or any heart conditions?	Yes	No
8	Are you pregnant or have you been pregnant in the last 6months?	Yes	No
9	Are you diabetic?	Yes	No
10	Do you know of any other reason why you should not do physical activity?	Yes	No

If you have answered **NO** to ALL of the questions above, you have reasonable assurance of your present suitability for starting a graded exercise programme.

If you answered **YES to ONE** or more of the questions above, exercise will play a major part in helping you achieve your goals. We suggest that you consult with your personal physician BEFORE increasing your physical activity and / or taking a fitness assessment.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Member's Name : _____

Member's Signature: _____

Date: _____

I, the undersigned Member, acknowledges and understands the outcome of the PAR-Q I completed when I joined the facility, identifying health risks and areas (refer to Par Q for details).

In view of the aforementioned identified health risks and areas (which are not intended to be an exhaustive list or analysis of all your health ailments, conditions, risks or hazards) used of the equipment and attending the classes located in the group of gyms may result in serious harm and injury, including death.

Before participating in any exercise program, you should consult with a Physician, Biokineticists or other registered health professional and only upon obtaining medical clearance should you participate in an exercise routine. You are additionally advised to ensure that you are well informed by a training specialist to advise you of which physical activities may be appropriate to your condition(s) before participating in supervised or unsupervised training.

It is specifically recorded that use of the Pirates High Performance Gym is strictly at the sole risk of the Member and such activities are undertaken by the Member voluntarily and with a full appreciation of the risks involved.

Pirates High Performance Gym, subsidiaries, its holding company and subsidiaries of any such holding company and its associate businesses shall not be liable for any injury or death occurring, directly or indirectly, from the Member participating in any exercise program and other facilities located in the clubs.

The Member hereby indemnifies and holds harmless Pirates High Performance Gym, its officers, directors, shareholders, employees, agents and representatives, and the successors, heirs and assigns of the foregoing from and against any and all claims, demands, actions, causes of action, suits, proceedings, losses, damages, costs and expenses (including but not limited to attorney's fees on an attorney and own client scale) arising out of or in connection with any injury or death occurring, directly or indirectly, from participating in any exercise program, training (whether supervised or unsupervised), use of equipment, sporting and other facilities located in the clubs.

No addition to, variation, novation or agreed cancellation of this assumption of risk undertaking shall be of any force or effect unless in writing and signed by or on behalf of the parties.

Neither party shall be bound by any representation, warranty, promise or the likes not recorded in this document.

Signature: _____

Full Names in Print: _____

Date: _____

Pirates High Performance Gym

1 GENERAL

- 1.1. Pirates may terminate your Gym Membership and refuse your entry into the Gym if you misrepresented any information in your Application for Membership to Pirates High Performance Gym or you commit a serious/material breach and/or repeated breaches of the terms and conditions set out in your Application for Membership Form and/or these Membership Rules.
- 1.2. Termination of your Pirates Gym Membership could also result if you engage in any other serious misconduct or in any conduct which is deemed to be detrimental to the welfare, safety of Pirates Gym Members or detrimental to the condition of the Gym equipment.
- 1.3. Pirates reserve the right to amend these Membership Rules from time to time. You are obliged to familiarise yourself with these Membership Rules and the amendments to these Rules that may come into force from time to time.
- 1.4. Access to Pirates High Performance Gym will be granted to you once your Pirates Gym Membership has been approved by The Pirates committee.
- 1.5. You will not be entitled to gain entry to the Pirates High Performance Gym without your Gym membership card.
- 1.6. Your Pirates Gym Membership is personal to you and is not transferable. You are therefore not permitted to lend your access card to anyone else. If you allow your access card to be used by a non-Pirates Gym member, your Pirates Gym Membership may be terminated.
- 1.7. Pirates and the Gym Management reserve the right to use a Member's photographic images, for marketing purposes within Pirates Club, if same is taken during photographic shoots of facilities at the Gym.
- 1.8. Pirates Club/The Gym Management and officially appointed Gym Instructors, reserve the right to show members or potential members of the Gym, the facilities available at the Gym, at any time.
- 1.9. Any unauthorized selling of any products or services to Gym members is strictly prohibited. Firearms or other weapons are not permitted in the Gym.
- 1.10. You may not enter the Gym whilst under the influence of alcohol, anticoagulants, antihistamines, beta-blockers (unless same have been prescribed by your Medical Practitioner), narcotics or tranquilizers (unless same have been prescribed by your Medical Practitioner). If you have high or low blood pressure, heart disease and/or diabetes you should consult your doctor prior to using the Gym's facilities.
- 1.11. Any belongings left unattended will be available at lost property for 2 days. If you do not collect them within this time, we will donate them to charity. Any hygienic items such as towels, underwear and water bottles will be removed and discarded immediately.
- 1.12. Membership fee will increase by 10% annually on the 1st March regardless of sign up or start date**

2. AGE RESTRICTIONS:

- 2.1. Strictly no persons under the age of 15 are permitted to train in Pirates High Performance Gym.
- 2.2.** No Persons under the age of 16 are permitted to train without Parent or Trainer supervision.

3. Schedule:

- 3.1 Please note that **Pirates High Performance Gym** will be used for the training of the various club sections and squads; please refer to the Group Training schedule for your convenience.
- 3.2 We require a min of **24hrs** notice **prior to scheduled time** for all **bookings and cancellation** of **all session**.

Contact Pirates High Performance Gym	
Phone:	011 646 5025
Email:	gym@piratesclub.co.za

- 3.3 You are requested to leave the Gym punctually at time of closing.

Pirates High Performance Gym: Training Hours	
Monday to Thursday	06:00 -20:00
Friday	06:00 -18:00
Saturday	07:00 -12:00
Public Holidays	07:00 -12:00

Please note that PHPG will be closed on the following days:

Easter Weekend
Christmas though New Year

4. USE OF EQUIPMENT:

- 4.1 Always use the equipment for the intended purpose. If you are unsure about the purpose of any equipment, you must request instruction or assistance from the Gym Management/Instructors
- 4.2 Always replace all weights and equipment after use.
- 4.3 Adhere to time limits as specified on specific equipment.
- 4.4 No food, drinks (other than water bottles) or bags are allowed on the training floor or on the equipment.
- 4.5 Use a sweat towel at all times whilst exercising, and wipe down the equipment you have used, immediately after use.

5. CONDUCT:

- 5.1 This is a Community Gym where we share our space with various sports teams, squads and Group Personal Trainers. Our aim is to always have a **fun and unique vibe**.
- 5.2 You will conduct yourself in a well-mannered fashion when in the Gym, and in a manner that will not disturb the use and enjoyment of the Gym by any other member. You may not use foul, loud or abusive language, nor may you molest or in any way harass other members.
- 5.3 If you willfully or negligently cause damage to equipment or property in the Gym, you will be held liable for the damage caused.
- 5.4 The Gym is a non-smoking facility and smoking is strictly prohibited in all areas of the Gym.
- 5.5 Only one individual is permitted to shower in a single shower cubicle at any one time.
- 5.6 You must be dressed in suitable and appropriate, lightweight, clean exercise clothing whilst exercising in the Gym. You may not exercise without wearing a shirt or vest.
- 5.7 Closed training shoes shall be worn at all times while exercising. Wearing the wrong kind of shoes is one of the most common causes of exercise injuries. The shoes you wear when you work-out should fit well, have good support and padding, and be appropriate for your selected activity.

6. SAFETY:

- 6.1 You must read the health and safety notices attached to any equipment, and comply with their instructions and/or recommendations. If you are unsure about the working of any equipment you must ask the Gym Management or Instructors for assistance.
- 6.2 You must inspect the equipment before use. **Do not use the equipment if it appears to be damaged.** Report any damaged equipment to the Gym Management or Instructors.
- 6.3 **Only get on or off equipment whilst it is stationary.** Ensure that the belt on a treadmill has come to a complete stop before stepping onto or off a treadmill. Never jump off while the treadmill belt is still moving.
- 6.4 Keep your body and clothing free and clear from any moving parts. When using strength equipment, be certain that the weight pin is completely inserted/tightened in or around (as may be applicable) the weight bar. Never pin a weight stack in an elevated position. Never use equipment if it is found in an elevated position.
- 6.5 Inspect all cables, straps and other connections. **Do not use the equipment if any component appears to be missing, worn and/or damaged.** Improper use of equipment could cause severe bodily harm to you or others.
- 6.6 Do not run in the Gym area except in areas designated for running – such as on the treadmills or sprint lanes.
- 6.7 Be aware of different floor surfaces that you move across as you walk through the Gym. Due to the nature of the Gym environment, on-going cleaning and maintenance will be taking place. Related tools and equipment may be hazardous, and some floor surfaces may be wet and therefore slippery.

Proceed with caution in these areas.

6.8 Abide by all safety signage displayed in different areas in the Gym - such signage is there for your safety!

6.9 **Report all injuries / incidents which may occur while you are in the Gym to the Gym Management or Instructors.**

6.10 **Should an emergency situation arise in the Gym, you must adhere to the Gym's Management/Instructors instructions at all times. Your cooperation during an emergency situation is necessary for your personal safety as well as that of your fellow gym members.**

7. HEALTH:

7.1 Each member is required to complete a Physical Activity Readiness Questionnaire (PARQ) before starting an exercise program. Where relevant medical clearance will be required before access to the gym is granted.

7.2 Your doctor or relevant medical/health professional should do a physical examination on you before you start a new fitness programme or resume a fitness programme after a long lay-off. This is in order to determine whether you have any health risks. He or she can also give you information on how to exercise safely. It is your responsibility to ensure that you are sufficiently healthy to begin or continue with any fitness programme.

7.3 Never wear rubber or plastic suits as these could cause your body to overheat and dehydrate.

7.4 If you are returning to regular exercise, it is important to start slowly in order to avoid any physical injury.

7.5 Ensure that you drink enough water and stay hydrated. If you do not drink enough water and stay hydrated, your muscle strength and endurance will be negatively affected.

7.6 Ensure that you understand and follow the correct technique when exercising. Using any incorrect technique can lead to serious injuries. If in doubt, request the assistance of the Gym Management or Instructors.

7.7 Spend time warming up your muscles before any type of exercise. If you do not warm up you risk damaging your muscles or straining your heart.

7.8 Do not exert yourself for at least 2 hours after eating a big meal.

7.9 Stop exercising immediately if you experience any of the following:

- 7.9.1 **Acute or chronic pain;**
- 7.9.2 **Dizziness;**
- 7.9.3 **Sudden heartache;**
- 7.9.4 **Swelling of the face, hands or feet;**
- 7.9.5 **Chest pain;**

As you could hurt yourself or cause yourself physical harm if you ignore the pain/symptom.

7.10 Your health status will, in the discretion of the Gym Management or at your request, be assessed via blood pressure, BMI and body fat tests.

7.11 If you are identified, medically, as a high risk individual Pirates club and/or the Gym Management reserve/s the right to stop you from training in the Pirates Gym facility until a medical clearance certificate has been obtained, by you, from a registered Medical Practitioner, confirming that you are sufficiently healthy to continue/resume any fitness regime.

Signed at _____ on this _____ day of _____ 20__

Signature:

Full Names in Print:

AS WITNESS:

1.