



6 Ricardo Street
Wanniassa
ACT 2903
Ph: 02 6231 6597

Membership Form

ABN 84 087 464 828

First Name _____ Surname _____

Address _____

Suburb _____ Postcode _____

Phone h) _____ w) _____ m) _____

Occupation _____

Company _____

Date of Birth ____/____/____ male / female

Email: _____

Vikings Club

Are you a member of the Vikings Club? Yes / No

If so, what is your member number? _____

MEMBERSHIP RULES AND REGULATIONS

Memberships are not transferable or refundable.

Members are required to scan their access pass at the door or produce their valid membership card to gain admission to the Vikings 24/7 Fitness.

Memberships for a period of 3 months or more are permit a "7 day cooling off" period from the date of purchase, during which a membership may be terminated. Applications to terminate membership must be made in writing to Vikings 24/7 fitness, within the "7 day cooling off" period. Administration and other fees may apply. The refund will be issued within 21 days of the Vikings 24/7 fitness receiving written notice of membership termination.

Membership Hold/Suspension: Due to illness or holidays membership can be put on hold. 3month membership entitles 14 days, 6month membership 31 days and 12month membership 62 days per period. One week minimum also applies. If you are sick or incapacitated medical certification can be presented and longer hold times will be considered.

I acknowledge that unless I provide written notice of termination of my membership prior to the end of the fixed term of my periodic billing agreement, I will still be liable for my membership fees until 14 days after I provide written notice of termination to the fitness centre. I understand the fitness centre must respond to its receipt of a written notice within 7 days.

Dress codes and behaviour: Members must adhere to the dress standards. No work wear, soiled clothes or Denim. Removal of shirt and shoes are not permitted in Vikings 24/7 Fitness.

Towels are compulsory. Every gym user must have a towel whilst exercising in the gym.

The hours of operation are as advertised and may be altered without notice. Vikings 24/7 Fitness staff reserve the right to ask patrons to vacate the premises to carry out security procedures.

The management reserves the right to close (at any time with out prior notice) all or any part of the Health and Fitness Centre due to prior booking, mechanical breakdown, fire, act of god, condemnation, catastrophe or any other reason.

Smoking is not permitted at any time inside Vikings 24/7 Fitness Centre.

I give permission to have my photograph taken and stored on the fitness centre data base. I accept that photo identification is required for security reasons.

I understand that to receive the discount prices, I must be a member of the Vikings Group and that I will provide proof of my membership if requested.

Members are required to read and abide by any other regulations as posted in/or around Vikings 24/7 Fitness. Failure to abide by any of the above rules and regulations can result in loss of membership privileges.

After hour **access** is for members only.

Only the owner of the access pass is entitled to use it, **strictly no sharing**.

To obtain a pass you must have a **valid** photo ID.

Only valid access passes will allow entry, you **must** swipe in every visit including staffed hours. If your membership expires you will need to renew during staff hours.

Every member wanting to access the facility during non-staffed hours must have an access pass.

Multiple **members** may enter the door simultaneously. **Each individual** must swipe their **pass**.

If I allow access to non-current pass holders with my access pass, my membership will be suspended and possibly terminated until I have contacted management. Payment for any person I allow in will also be at my expense. I must ensure the door closes behind me, strictly no tailgating permitted.

My access pass is **my responsibility**. If I lose my access pass, I must report it as soon as I can. A replacement pass can be purchased during staffed hours.

Casuals and non-access pass holders can only access the gym during staffed hours. They can continue to work out after the staff leave, once they sign the terms and conditions and present photo ID and Phone number for record. Change of address will need to be updated as required.

It is my responsibility not to use any equipment which may adversely affect any medical condition.

I hereby represent to Vikings 24/7 fitness and its director, officers, employees, contractors and agents that, to the best of my knowledge, I do not have any physical, medical or other disability or condition which may be affected or aggravated by, or which may result in any sickness, injury or death to me as a result of my use of the club or its facilities.

If I have any health or medical concerns now or after I join as a member of the club, I must obtain a medical clearance before commencing exercise at Vikings 24/7 fitness.

If I lift free weights, it is highly recommended that I have a training partner. If I don't have a training partner, I will restrict my lifting to the safety rack provided and won't lift more than I can handle.

I will return the weights after use.

I will not drop or bang the weights together.

I will share gym weights equipment as required. I understand that if another patron wants to use the same equipment as me that a 20minute time limit applies to cardio equipment.

I will not use abusive, offensive or intimidating language to any other participant or staff.

The fitness class area and upstairs area access will be restricted to staffed times only.

Age: 13-17: I understand that due to insurance guideline Parent/Guardian consent is required for participants 13-17 years of age an induction to use the facility is compulsory.

Age:13-15: can only exercise under supervision of staff during staffed hours or after hours with a parent or guardian over 18 years old. All 13–15-year-old members must have a fitness assessment and program conducted by qualified staff member.

Video Surveillance

For Security purposes Vikings 24/7 uses Video surveillance equipment to monitor the club on a 24-hour basis. By accepting this agreement, you acknowledge that accessing our facility you will be subject to video surveillance and recording.

Video surveillance is limited to the gym floor, entry and reception area, and is not within the walls of the bathrooms or assessment rooms.

Liability of Property

Vikings 24/7 Fitness is not liable for any personal property that is damaged, lost or stolen while on or around the club including, but not limited to, a vehicle or its contents or property left in a locker.

If I cause damage to the club or any equipment, I am liable for its cost of repair or replacement.

Lockers are supplied, during unstaffed hours I will need to carry a small padlock that I will remove after each use. Failure to remove the padlock will result in the padlock being removed at my expense. **Bags are not to be left on the gym floor.**

The Fitness Centre reception area will be strictly **no access** during unstaffed hours.

Release of indemnity

I use the facilities at Vikings 24/7 Fitness at my own risk and acknowledge that the use of the gym may involve risk of injury, whether caused by me or another party. By accepting this agreement, I agree that Vikings 24/7 fitness will not be liable for any loss, injury, damage or theft of property, belonging to or brought onto the club premises by me, or for any death, personal injury or illness on club premises, or from using our facilities or equipment.

This release does not apply if my death or injury results from gross negligence on Viking's part.

Risk warning

Vikings 24/7 Fitness warns that whilst you are on our premises using our club and recreational services, you are at risk of suffering physical harm or personal injury including broken bones, soft tissue injuries, joint injuries, permanent disability or death. These injuries may occur from you:

Slipping on wet floor

Being struck by weights

Colliding with equipment and activities; or incorrect use of equipment or club

You acknowledge that any such injury may result not only from your actions but from the actions, omission or negligence of others.

You acknowledge and agree that the above-mentioned injuries and potential causes of injuries are not exhaustive, and there are other unknown or anticipated risks that may result in injury, illness or death.

You acknowledge that whilst every attempt is made to ensure that the recreational services and facilities provided by Vikings 24/7 Fitness are safe, there are some significant and inherent risks involved, and you agree that you are participating voluntarily at your own risk and responsibility, thereby exposing yourself to certain risks.

DECLARATION: I confirm that the information I have given on this application is correct and hereby apply to be considered for membership.

Signature..... **Date**.....

Parent/Guardian signature (If under 18 years old)



Gym Safety Induction:

Please tick the boxes when you are confident you understand what has been demonstrated to you by Vikings 24/7 Fitness staff:

- ☐ I understand how to use the weight machines safely
- ☐ I understand how to use the free weights safely, including the use of safety bars in the squat rack and smith machine
- ☐ I understand how to use the cardio equipment safely
- ☐ I understand that if I am 13-15 years old, I can only exercise under supervision of a staff member or during non-staffed hours with a parent or guardian over 18 supervising
- ☐ I understand that I have been advised to have a gym partner or a 'spotter' when using the free weights
- ☐ I understand that I must work within my own limitations
- ☐ I understand who I must call in case of an emergency, including the location of the Duress station.
- ☐ I understand where to safely exit the building in case of an emergency
- ☐ I understand how to locate and use the emergency panic buttons when in the gym on my own
- ☐ I have been shown where the first aid box is located
- ☐ I understand that I am entitled to a fitness assessment and program to help guide me with safe exercise, this is compulsory for age 13-15 years members
- ☐ I understand that I must ask staff during staffed hours if unsure of any other processes or safety situations within the gym

I _____ have completed the gym safety induction.

Signature _____ Date _____

Parent/Guardian _____ Date _____

(Required if under 18 years old)