

HEALTH & FITNESS MEMBERSHIP FORM

NAME	FIRST:	SURNAME:
ADDRESS		
HOME & MOBILE #'s		
EMAIL ADDRESS		
DATE OF BIRTH		
EMERGENCY CONTACT		

ANNUAL MEMBERSHIP

(*Please Tick As Appropriate)

SINGLE	£540.00	
JOINT*	£810.00	
GOLF MEMBER	£300.00	
GOLF MEMBER - SPOUSE	£300.00	

6 MONTH MEMBERSHIP (PAYMENT IN FULL REQUIRED)

SINGLE	£330.00	
JOINT*	£495.00	

3 MONTH MEMBERSHIP (PAYMENT IN FULL REQUIRED)

SINGLE	£180.00	
JOINT*	£270.00	

PAYMENT METHOD (tick as appropriate)

CASH	CHEQUE	DEBIT/CREDIT CARD
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STANDING ORDER* (AVAILABLE ON 12 MONTH MEMBERSHIPS ONLY)

A £50.00 ADMINISTRATION FEE IS PAYABLE WITH THE FIRST MONTH'S PAYMENT

SINGLE	£52.00		£50.00	
JOINT	£78.00		£50.00	
GOLF MEMBER	£28.75		£50.00	
GOLF MEMBER - SPOUSE	£28.75		£50.00	

†Cancellation of your standing order is not permitted within the first 12 months. Thereafter, 1 month's written notice is required on all cancellations.

*Joint Membership: Membership only available to couples residing at the same address.

JOIN DATE	EXPIRY DATE
SIGNATURE	DATE

DUDSBURY GOLF CLUB POOL AND GYM TERMS AND CONDITIONS

Gym Opens at 6.00am - Spa Opens at 7.00am
Gym & Spa closes at 9.00pm (last entry at 8.30pm)

Membership is not inclusive of a gym induction. Before using our gym and fitness centre facilities we highly recommend all new members to complete an induction session. Induction session may be booked with Reception and our trained staff will provide knowledge and training on our equipment. However, we understand that some experienced gym users may not require this training. If you would like induction training please log your request with Reception and a member of our team will contact you to schedule a time. Unfortunately you will not be able to use the facilities until this has been completed. However, if you do not require an induction and want to start your workout immediately, please complete the gym induction training waiver which can be obtained from Reception. Gym inductions are charged at £10.00 and will take roughly 30 minutes to complete.

- Health & Spa membership also includes the use of the sauna, steam room and jacuzzi
- Spa treatments and therapies are at an additional charge and pre-booking is required
- If you lose your membership card, replacement cards can be issued at a cost of £5.00
- **CHILDREN UNDER THE AGE OF 16 YEARS ARE NOT PERMITTED TO HEALTH & SPA MEMBERSHIP**

PLEASE NOTE: Hotel guests are permitted to use the Spa facilities whilst they are checked into the Hotel. Children's swim times apply for hotel guests between 4pm – 6pm Monday – Sunday & at weekends 8am – 9am. Children must be accompanied at all times whilst using the pool.

Pool

- All users must sign in before any use of the Health & Fitness facilities
- Please ensure appropriate swim wear is worn at all times
- Please shower on entering the pool, especially before and after using the sauna or steam room, and always shower immediately before using the Jacuzzi
- Please leave bags and outdoor clothing in the lockers provided
- Do not enter the pool whilst under the influence of alcohol or after a heavy meal
- A poolside reception telephone is provided in case of an emergency
- Diving is not permitted
- No photography on poolside (including mobile phones)
- Smoking is not permitted in any circumstances

Gym

- All users must sign in before using the gym
- It is advised that mobile phones are not to be used in the gym – Dudsonbury Golf Club will not accept responsibility for any damage caused whilst using the equipment
- Please wipe down each piece of equipment after use
- Please ensure correct gym attire is worn at all times
- When using resistance weights please allow others to use the machine in-between sets

- Please replace all weights and equipment after use
- Please do not bring food into the gym or studio
- During peak times please limit your time on cardio vascular equipment to 20 minutes
- All bags and outdoor clothing must be placed in lockers provided
- Please report any issues to a member of staff immediately
- Smoking is not permitted in any circumstances

The management reserve the right to refuse membership of the club without any reason given. Membership may also be terminated if the clubs rules and regulations are breached by a member. On occasions the Pool or Leisure Club will be closed at certain times for general maintenance.

We do not provide constant supervision of any of the Leisure Club facilities. In accordance with Health & Safety guidance we require all users to declare any known medical conditions or disability that may compromise their safety whilst using the facility. We may request written medical consent in line with this requirement before allowing entry and may still refuse custom if it is believed to be in the interests of safety. Any costs incurred in obtaining written medical consent will not be the responsibility of Dudsbury Golf Club. We reserve the right to refuse custom without reason.

I agree to abide by the rules of the Leisure Club.

Signed..... Date.....

Our staff at Dudsbury Golf Club - Hotel and Spa will be happy to answer any questions you have about the facilities.

GYM INDUCTION TRAINING WAIVER

This Club recognises the importance of every new member undergoing our induction training. This is carefully designed to ensure that the individual is made aware of the facilities and equipment on offer and in particular is given advice in the safe use of our facilities and equipment.

We strongly recommend each new member to undergo our induction training. It is hereby noted that notwithstanding our clear advice, you have stated that you are an experienced gym user and have expressed your unwillingness to undertake induction training.

In these circumstances the Club will allow you to use the facilities, provided that you seek advice from a member of staff if you are in any way unfamiliar with a particular piece of equipment or type of exercise.

It is therefore formally noted that you have opted out of induction training and will undertake to consult staff on an ongoing basis in relation to the safe use of our facilities and equipment.

Signed for and on behalf of Dudsbury Golf Club, Hotel & Spa

Date

Signed by

Date