

DUDSBURY

Golf Club • Hotel and Spa

HEALTH & FITNESS MEMBERSHIP FORM

FIRST NAME: _____ SURNAME: _____
FIRST NAME: _____ SURNAME: _____
ADDRESS: _____

HOME PHONE #: _____ POST CODE: _____
MOBILE #: _____
EMAIL ADDRESS _____
DATE OF BIRTH: _____
EMERGENCY CONTACT: _____

ANNUAL MEMBERSHIP

(Please tick as appropriate)

SINGLE	£540.00	_____
JOINT*	£810.00	_____

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	_____

STANDING ORDER† (AVAILABLE ON 12 MONTH MEMBERSHIPS ONLY)

SINGLE	£52.00	_____
JOINT	£78.00	_____

£50.00 ADMINISTRATION FEE TO BE PAID IN ADDITION TO 1ST STANDING ORDER INSTALLMENT UPON JOINING

†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.

PAYMENT METHOD (CIRCLE AS APPROPRIATE)

CASH

CHEQUE

DEBIT/CREDIT CARD

STANDING ORDER

JOIN DATE: _____ EXPIRY DATE: _____

SIGNATURE: _____ DATE: _____

SIGNATURE (If Joint): _____ DATE: _____

Members Guest Passes

Members are welcome to purchase Guest Passes which entitle entry for a guest to use the Health and Fitness facilities, subject to terms and conditions. The prices and membership categories applicable to each bundle are displayed below:

15 Guest Passes ~ £119.99 (Available for Annual Members only)

9 Guest Passes ~ £74.99 (Available for Annual & 6 Month Members only)

6 Guest Passes ~ £49.99 (Available for Annual, 6 Month & 3 Month Members)



Members Guest Passes ~ Terms and Conditions

- Members Guest Passes may only be purchased by an active Health and Fitness Member
- Members are only permitted to purchase the Members Guest Pass bundle relevant to their membership category
- Passes can be purchased at the Main Reception and redeemed there too
- Admission will be refused for your guest if a valid Members Guest Pass is not presented upon arrival
- Guests must be accompanied by the Member for the duration of their visit.
- One Members Guest Pass may be presented at one time. Any additional guests are liable to pay the full price of a Spa pass.
- Guests are admitted to use the facilities at the discretion of the staff at Dudsbury Golf Club, Hotel and Spa
- Members Guest Passes are valid until expiry date of the Member purchasing the passes

POOL AND GYM TERMS AND CONDITIONS

Gym & 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 contact Reception 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 attached to this form. 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
- ANY PERSON UNDER THE AGE OF 18 YEARS IS NOT PERMITTED TO A 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 & use their card to gain entry before any use of the Health & Fitness facilities to regulate attendance.
- 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 – Dudsbury 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 club's 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.

SIGNATURE:

DATE:

SIGNATURE:

DATE:

PTO TO COMPLETE GYM INDUCTION WAIVER & MEDICAL DECLARATION SECTION

GYM INDUCTION TRAINING WAIVER

Dudsbury Golf 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.

SIGNATURE:

DATE:

SIGNATURE:

DATE:

MEDICAL DECLARATION

In order to look after your needs at Dudsbury Golf Club, Hotel & Spa, we ask that you provide us with all the relevant information for the following questions. Please keep us informed, if the answers to any of these questions should change.

If you answer YES to any of the following questions, a doctor's letter of consent maybe required before using the facilities, this is for your own safety.

- | | |
|--|--------|
| 1. Has your Doctor ever said you have a heart condition? | Yes/No |
| 2. Do you have chest pain or shortness of breath brought on by physical activity? | Yes/No |
| 3. Has your Doctor ever told you, you suffer from high blood pressure?
If yes, is it under control with any medication? | Yes/No |
| 4. Do you have any bone or joint problem aggravated by physical activity? | Yes/No |
| 5. Are you pregnant? | Yes/No |
| 6. Are you currently on, or have had any medication recommended?
<i>If so, please provide details below*</i> | Yes/No |
| 7. Do you suffer from headaches or dizzy spells? | Yes/No |
| 8. Do you suffer from back pain? | Yes/No |
| 9. Do you smoke? | Yes/No |
| 10. Do you drink Alcohol? | Yes/No |
| 11. Any recent injuries or operations in the last 12 months? | Yes/No |
| 12. Are you seeing any other health professional for treatment? | Yes/No |

Doctors Name:

Surgery:

Contact Number:

Emergency Name & Number:

*Details of Medication:

I agree and will comply with the rules and regulations at Dudsbury Golf Club, Hotel & Spa and I declare to the best of my knowledge the details above are correct and I know no reason why I should not use the facilities. I understand that I use the facilities at my own risk and waive any legal recourse for damages to myself, which may arise from using the facility and its equipment.

SIGNATURE:

DATE:

SIGNATURE:

DATE:
