



**C-Life Health Club
Canterbury League Club**
26 Bridge Rd Belmore NSW 2192
P: (02) 9704 7712
E: healthclub@canterbury.com.au
W: www.clifehealth.com.au

LC No.

Links No.

Member Details Same details as previous form **Initial Health Check Date:** / /

How did you find out about C-Life Health Club? Other Member Club Journal Attending Canterbury Club Website
 Web search Facebook C-Life Website Advertising/Promotion Other _____

Surname: First Name:

Title: Preferred Name Date of Birth:

Address: Suburb:

Postcode: Email:

Home Ph: Mobile: Work Ph:

Emergency Contact: Contact Number: Relationship:

Pre Exercise Questionnaire - Please read carefully and tick the relevant boxes

- | | | |
|---|---------------------------|--------------------------|
| 1. Has your doctor ever told you that you have a heart condition or have you ever suffered a stroke? | Yes <input type="radio"/> | No <input type="radio"/> |
| 2. Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise? | Yes <input type="radio"/> | No <input type="radio"/> |
| 3. Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance? | Yes <input type="radio"/> | No <input type="radio"/> |
| 4. Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months? | Yes <input type="radio"/> | No <input type="radio"/> |
| 5. If you have diabetes (type I or type II), have you had trouble controlling your blood glucose in the last 3 months? | Yes <input type="radio"/> | No <input type="radio"/> |
| 6. Do you have any diagnosed muscle, bone or joint problems that you have been told could be made worse by participating in physical activity/exercise? | Yes <input type="radio"/> | No <input type="radio"/> |
| 7. Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/exercise? | Yes <input type="radio"/> | No <input type="radio"/> |

IF YOU ANSWERED 'YES' to any of the 7 questions, please take the Medical Clearance form given to you, to your GP or allied health professional, prior to undertaking physical activity/exercise.

IF YOU ANSWERED 'NO' to all of the 7 questions, and you have no other concerns about your health, you may proceed to undertake light-moderate intensity physical activity/exercise

Membership Details (Office Use Only)

<p>Membership Start Date <input type="text"/></p> <p>Membership Signed up by <input type="text"/></p> <p>Entered in computer by <input type="text"/></p> <p>New Member <input type="checkbox"/></p> <p>Renewal <input type="checkbox"/></p> <p>50% Admin Fee <input type="checkbox"/></p> <p>Upgrade <input type="checkbox"/></p>	<p><i>Please Tick</i></p> <p>Complimentary <input type="checkbox"/></p> <p>Casual <input type="checkbox"/></p> <p>Direct Debit</p> <p>Standard Fortnightly <input type="checkbox"/></p> <p>P.A.Y.G Fortnightly <input type="checkbox"/></p> <p>Junior (Staffed hours only) <input type="checkbox"/></p> <p>Off-Peak <input type="checkbox"/></p> <p>Staff <input type="checkbox"/></p> <p>Corporate <input type="checkbox"/></p> <p>Upfront Tick for Junior <input type="radio"/></p> <p>1 Month <input type="checkbox"/></p> <p>6 Months <input type="checkbox"/></p> <p>12 Months <input type="checkbox"/></p> <p>Rehab <input type="checkbox"/></p>	<p>Visit Pass</p> <p>10 VP <input type="checkbox"/></p> <p>10VP Junior (Staffed hours only) <input type="checkbox"/></p> <p>10 O/P Seniors <input type="checkbox"/></p> <p><input type="text"/></p> <p>Seniors Card Number</p> <p>Transfer <input type="checkbox"/></p> <p><input type="text"/></p> <p>Transfer - Original Members Name</p> <p>Promotional <input type="checkbox"/></p> <p><input type="text"/></p> <p>Promo Description</p> <p>30 Days bonus entered in Links <input type="checkbox"/></p>
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I have read and fully understood the terms and conditions of membership on this application form including the indemnity clause and I agree to abide to accept these conditions while I attend C-Life.

Member Signature

Date

/ /

Staff Signature

Date

/ /

C-Life Terms & Conditions (as of September 2014)

All Members

- Membership cards must be presented on every visit to the Health Club. Entry may be refused if a Membership card cannot be presented or is not current.
- Each Member must be a full member of Bulldogs League Club Limited ("League Club") to gain and maintain their membership of the C-Life Health Club ("Health Club"). Expired League Club members will not be allowed entry to the Health Club.
- All Health Club members must follow all rules & regulations as per League Club membership relating to behaviour standards.
- Members cannot utilise mobile phones for the purposes of taking photos in any gym areas or change rooms.
- All Health Club Members must complete a Pre Exercise Screen before participating in any exercise activity within the Health Club.
- Membership commences from the date of purchase and/or Contract signed, unless otherwise approved.
- Memberships are not refundable or extendable.
- Transfers of memberships are available to new members only. Transfers incur a transfer fee, conditions apply.
- All Health Club Members must be dressed appropriately at all times. This includes appropriate footwear, i.e. joggers. Thongs or sandals of any description will not be permitted entry for safety reasons. Singlets and caps can only be worn inside the Health Club as per club dress regulations.
- Members cannot be guaranteed a place in the group exercise classes, as numbers are limited for safety reasons. For safety reasons members will not be allowed entry into classes after the warm up has finished. Members are advised to arrive 10 minutes before the commencement of the class.
- Management reserves the right to adjust the group fitness timetable based on demand.
- Change room lockers will be provided at no cost to all Health Club Members subject to availability.
- Canterbury League Club takes no responsibility for any personal belongings left in lockers or storage areas provided.
- Members are required to remove personal items from change room lockers prior to the end of staffed operating hours.
- Memberships, 10 visit passes or casual visits to gym do not include use of the Squash courts. Normal court hire rates apply.
- Both Up-front and Direct Debit members must pay an administration fee.
- Membership is refundable if cancelling within 7 days of joining however the administration fee is not refundable.

Direct Debit Memberships

- Fortnightly and P.A.Y.G. memberships abide by separate terms and conditions as detailed in your contract.
- Standard and Off Peak DD memberships require a minimum 26 debited fortnightly payments to fulfill the contracted period. On-hold periods are not included in the minimum 26 fortnightly payments.
- Standard and off peak memberships will incur a cancellation fee of \$200 if cancelling before the minimum 26 debits are completed.
- C-Life Health Club requires 14 days written notification of any changes to the membership (including cancellations and suspensions) to action these changes.
- P.A.Y.G Memberships have a minimum of (2) fortnightly payments before you can cancel this type of membership.
- Fortnightly memberships continue indefinitely until the member notifies the Health Club to cancel in writing. Cancellation forms are available at reception.
- C-Life Health Club is not responsible for contacting you if you cease using the facilities.

Junior Membership

- All junior members must accompanied by a parent or guardian to join the Canterbury League Club before joining the Health Club.
- Minimum age of a Junior member is 16 years of age and proof of age must be provided in the form of either a passport, birth certificate or drivers licence.
- A junior member must upgrade to a full membership as soon as they turn 18 years of age in order to continue as a Health Club member.
- Junior members must abide by all rules and regulations as per normal League Club membership.
- Must complete a health check at commencement of Health Club membership.
- Junior members are not permitted entry outside of normal operating hours*

Off Peak Memberships

- Provides access between the hours of 10am to 4pm Monday to Friday and 8am to 5pm on weekends and Public Holidays. Access to the Health Club outside these times will require a \$5 surcharge fee per visit.

Ten Visit Pass / Casual

- Ten visit pass holders may use their tickets for Group exercise and Gym sessions.
- Ten visit passes are not transferable, not refundable, not extendable and must be utilised within six months of the purchase date on the pass.
- Ten visit pass holders do not receive health checks, but these are available for a small fee.
- Ten visit pass holders cannot utilise crèche services.

Casuals

- Casual are not entitled to use of the creche or health checks
- Casual are not permitted entry outside of staffed operating hours.

Administration fees

- An administration fee applies to both 6 & 12 month up-front and direct debit memberships.
- If renewing your membership within (1) month of expiry no admin fee applies however rejoining after this period the admin fee will be charged.

On-Hold periods - Forms available www.clifehealth.com.au/forms

- All On Hold applications must be submitted to C-Life Health Club 14 days prior to commencement of suspension period in order for Health Club administration staff to process the application.
- C-Life staff cannot backdate on hold applications. You must submit a separate on-hold application to C-Life for any extensions on current holds or normal pay schedule will recommence once the on hold period has expired.
- 1 Month Upfront, Casual passes and Promotional offers are not entitled to an On Hold period, as per the terms and conditions when joining.
- C-Life Direct Debit Memberships (Standard, Off-Peak, PAYG) are entitled to a minimum of 2 weeks and maximum 8 weeks free suspension per calendar year. A fee of \$5 per fortnight will apply to any extension over these periods to a maximum of 12 weeks at which time full rates will apply. On Hold fees will be debited from members accounts unless otherwise stated.
- C-Life Plus 6 & 12 Month are entitled to a maximum of 2 weeks and 4 weeks respectively per membership term.
- Upfront 1 month & 10 visit pass memberships can not be suspended.

Cancellation Fee

- Standard and off peak memberships will incur a cancellation fee if cancelling before the minimum 26 debits are completed
- A cancellation fee of \$200 applies.

24/7 Operation

- *Normal operating hours are those hours in which there are staff on duty within the health club. Visit www.clifehealth.com.au/hours
- Members may access the Health Club outside of normal operating hours*, in doing so they realise that the Health Club is unsupervised at these times and they acknowledge that whilst they exercise they do so at their own risk.
- Members wishing to train after normal operating hours* must be current Health Club members and must have their membership card with them at all times.
- Members without membership cards will be refused entry.
- Members who owe outstanding fees will be refused entry and asked to pay outstanding amount during normal operating hours*
- Members accept that due to safety reasons certain areas of the Health Club are not available for use outside of normal operating hours*
- Members seen to be under the influence of alcohol will be refused entry
- Members are not permitted to utilise any free or promotional passes outside of normal operating hours*

Hygiene

- Towels must be used on equipment at all times. Towels will be available for hire or sale from reception for a small fee.
- Outside of normal operating hours* members must utilise their own towels as towel hire is not available.
- As a courtesy to other members, body deodorant is recommended.
- Members are requested to keep door closed when using shower cubicles.
- Showers are not available outside of staffed operating hours.

Recommendation

- As per Fitness Australia standards it is recommended that all males over the age of 35 and females over the age of 45 have a medical assessment including an exercise ECG and cholesterol and lipid count.
- Always read any exercise advice carefully.
- It is highly recommended that you ask a staff member to guide you into the most suitable class or program.
- Work at a low level on your first visit and concentrate on learning to do the exercise correctly.
- Be sure to limit yourself to a pace where you can still talk comfortably.
- Should you suffer any illness or condition in the future, please tell us so that we may update your files / program and take the opportunity to advise you appropriately.

Indemnity clause

"I recognise that participation in this activity involves the risk of injury to my person or my property. I acknowledge that whilst I participate I do so at my own risk. I will not hold C-Life health Club, Bulldogs League Club Limited, it's staff, management, members, servants, or agents liable for any personal injury or loss of property that I may suffer whether caused by negligence or omission of any of them."

I acknowledge that I have been given the option of choosing a membership based on a fortnightly billing agreement.

I have read and fully understand the terms and conditions of membership on this application including the indemnity clause and I agree to abide by and accept these conditions while I attend C-Life.

Signature

Date