

GENERAL

1. Opening times for a Club will be prominently displayed at the Club.
2. The Contract formed will be between you and us. No other person shall have any rights to enforce any of its Terms.
3. You may not bring pets (other than guide dogs) onto the Club premises.
4. We reserve the right to show potential Members and other individuals the facilities of the gym.

USE OF FACILITIES

1. By accepting our Terms and Conditions, you accept that you are fit and well enough to exercise safely within Simply Gym. Please make the club aware of any medical conditions that may affect your ability to exercise, and consult a doctor before exercising should you have any outstanding concerns/ailments or illness.
2. You should seek instruction before using unfamiliar equipment.
3. Appropriate clean exercise clothing and shoes must be worn whilst exercising. Sliders are not accepted as forms of suitable footwear.
4. We do not, and will not, sell any of your information to any third party, including your name, address, email address or credit card information. However, we do share your information with several select third parties to enable us to provide our products and services to you, to send marketing information and to improve our business operations.
5. You are asked to arrive at the gymnasium five minutes prior to any personal training, classes or induction appointments.
6. You may not use the gymnasium while under the influence of drug or medication.

GYM ETIQUETTE

1. Please conduct yourself in a manner that is respectful to other members and to the facility on offer. Do not use foul, loud, or abusive language, nor behave in a threatening manner. Do not molest, or harass, other Members, guests, visitors, or Members of staff.
2. We may terminate your Simply Gym Membership if you are in breach of the above.
3. If you feel the need to complain, please speak to a member of staff at the gym, or email the Simply Gym customer service contact email at customerservice@simplygym.co.uk
4. Smoking is prohibited in any area of the club including the use of e-cigarettes or similar devices.
5. No photos or videos are allowed in the changing rooms or toilets.
6. Do not take bags onto the gym floor, kindly store them away in a locker.

LOCKERS

1. Lockers provided are lockable, via key, operated by a pad lock.
2. Lockers may only be used for the purposes of keeping gym kit, toiletries, and the clothing that you were wearing when you came to the gym.
3. If there is a suspicion that prohibited items are being stored in the lockers then we withhold the right to access the locker whenever required.
4. Your belongings, so removed, will be available for collection from the Club's Reception for a period of thirty days.

PARKING

1. Our car park may only be used by Members, guests, and visitors while they are using the gym. Car parking is free for members. Please do not use the car park for any other reason than to use the gym.
2. No unauthorised parking is permitted on Club premises. Please Park within the lines provided and avoid damaging nearby cars.

HEALTH & SAFETY

1. You must use the main entrance to the Club when entering or leaving the gym. All fire doors are alarmed.

2. Fire exits, which are clearly marked, are there in the interests of safety and you must not interfere with fire doors for any reason.
3. You must read the health & safety notices posted outside any equipment or facility rooms in the Club and comply with their recommendations.
4. You must follow any guidelines laid down by Simply Gym in relation to Covid-19.

HEALTH COMMITMENT DECLARATION

You warrant, declare and acknowledge that:

The information given by you in entering this agreement is correct and will be relied upon by us.

Our staff, agents and subcontractors are not medically trained and should you have any concerns with your health and fitness you should seek independent medical advice before engaging in any physical activity on our premises.

To the best of your knowledge and belief you are in good health and not knowingly incapable of engaging in either active or passive exercise and that such exercise would not be detrimental to your health, safety, comfort, well-being or physical condition. Further, that you will advise us immediately should your health or vulnerability to injury change.

You have read and understood this agreement and all of its the Terms and Conditions before accepting them below.

This agreement will become binding upon both parties once you have checked the acceptance of terms and conditions box and your access is granted.

You are primarily responsible for your health and wellbeing, but we at Simply Gym are concerned that you enjoy our facilities safely. To that end we consider that we should expect the following of each other.

Your pledge to us:

1. The information given by you in entering this agreement is correct and accurate and can be relied upon by us.
2. You should never exercise beyond your capabilities. You must inform a member of staff on your first visit if you have a medical condition that may interfere with your exercise regime.
3. You should notify a member of staff of any new medical conditions before you commence any exercise.
4. You agree you have never been informed of any pre-existing heart conditions or blood pressure related issues.
5. You will inform a member of staff should you start to feel unwell during exercise.
6. You will seek advice from a member of staff if you are unsure about using any of our equipment provided on site.
7. You will respect the equipment that you use on site, and behave in an appropriate manner at all times when using our facilities.
8. You opt out of your complimentary gym induction unless you actively choose to book one.

Our pledge to you:

1. We shall endeavour to maintain a safe environment for you to exercise in at all times.
2. We shall at all time keep confidential information that may have been provided to us by you regarding any health conditions we need to be aware of.
3. We shall endeavour to ensure that a number of our staff on duty are trained to deliver First Aid treatment if required.
4. We will take all reasonable steps to ensure our team have the relevant Fitness industry qualifications.
5. If you inform us you have a medical disability that puts you at a disadvantage, we will ensure we induct you into the facility you join to ensure your safe use of the equipment and provide information on the evacuation process.
6. We respect your decisions, and allow you to make your own decision on your exercise regime however we reserve the right to ask you not to exercise beyond your capability.

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

If you're aged 16-69, the PAR-Q will tell you if you should check with your doctor before significantly changing your physical activity patterns. If you're over 69 years and aren't used to being very active, check with your doctor. Please read each question carefully and answer honestly by circling YES or NO.

Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor? YES/NO

Do you feel pain in your chest when you do physical activity? YES/NO

In the past month, have you had a chest pain when you were not doing physical activity? YES/NO

Do you lose balance because of dizziness or do you ever lose consciousness? YES/NO

Do you have a bone or joint problem (for example back, knee or hip) that could be made worse by a change in your physical activity? YES/NO

Is your doctor currently prescribing medication for your blood pressure or heart condition? YES/NO

Do you know of any other reason why you should not take part in physical activity? YES/NO

If you answered YES to one or more questions: You should consult with your doctor to clarify that it's safe for you to become physically active at the current time.

If you answered NO to ALL of the questions: It is reasonably safe for you to participate in physical activity, gradually building up from your current ability level.

I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury.