



**3. Annual Gym Membership Fee**

Total - £180.00

**Method of Payment (Please circle)**

**Cash or**

**Cheque**

*Your membership will start from.....*

*and will be valid for one year from induction.*

*Please read through the Terms & Conditions before signing.*

**4. DECLARATION**

BY SIGNING THIS I DECLARE THAT: I have read, understood and agree to abide by the GRFC Gym Terms and Conditions. I understand that breach of any of the Gym Rules will result in the temporary or permanent ban. I have paid particular attention to the section of the Gym Terms and Conditions entitled 'Liability' and understand its implications.

**Signature:**.....

**Print Name:**.....

**Date:**.....

**Member No.**\_\_\_\_\_



# GRFC Gym - Terms & Conditions

## **MEMBERSHIP:**

a. Who is eligible: The Gym may only be used by people who have become a member of the Gwernyfed Rugby Club paying the fee of £100.00 and in doing so have signed up & completed a full induction session. Any person found using the Gym who is not a member will be asked to leave immediately.

b. Membership Fee: There is an annual membership fee to join the Gym, when this is paid it is non-refundable.

c. Right to refuse entry: GRFC reserves the right to refuse entry to the Gym at any time and to terminate memberships with immediate effect. GRFC shall be entitled to make alterations, carry out repairs or maintenance without prior notice, though every effort will be made to minimise inconvenience to Gym members.

## **MEMBERSHIP CARDS:**

a. Carrying of GRFC Membership Card: You will be issued an membership card for access to the Gym and these cards must be carried at all times when using the Gym, you MUST always swipe your card when entering the gym even if the door is open. If your card has been deactivated or lost please contact Zac Snape 07969951479.

i. Failure to carry your membership card will result in being asked to leave the Gym immediately.

ii. Persistent failure to carry membership card will result in membership being temporarily or permanently revoked.

b. Lending Membership Cards is strictly prohibited: The lending of Gym Membership Cards is strictly prohibited regardless of whether the person the card is lent to is a member of the GRFC in their own right.

c. Lost Membership Cards: If you lose your card then contact Zac Snape (Gym instructor) as soon as possible & charge of £10 will be made for a replacement.

**LIABILITY:**

a. Health and Physical Condition: Members of the Gym engaging in activities within the Gym or making use of its facilities are responsible for ensuring that he or she is properly equipped and that his or her state of health and physical condition are such as not to involve any risk to themselves or any other person making use of the Gym.

b. GRFC accepts no responsibility for accident, damage, injury, death, illness or misadventure caused to or suffered by members in the Gym, unless caused by the wilful default or negligence of Gwernyfed RFC, its members and staff.

c. Insurance: Members are responsible for their own insurance in respect of personal injury, loss or damage to equipment or personal belongings and third party injury or damage to property.

**USE OF THE GYM:**

a. Opening Hours: The Gym will be open from 6am until 10pm 7 days a week.

b. GRFC accepts no liability for the loss of or damage to personal belongings of members in the Gym or Shower Room.

c. Shirts and suitable footwear must be worn in the gym at all times.

d. Food and Drink: No food is to be brought into the Gym. Suitable drinks are allowed for consumption in the Gym (e.g.water). Bringing alcohol into the Gym is strictly prohibited.

e. Intoxication: Using the Gym whilst intoxicated is strictly prohibited.

**ETIQUETTE:**

a. Cleaning Equipment: Please wipe equipment with your own towel.

b. Conduct: Good training techniques and practices must be followed. You are required to conduct yourself in a quiet, well-mannered fashion at all times.

c. Music: Personal music players (which use headphones/ear pieces) are allowed in the Gym. The volume of such devices must be kept at an appropriate level so as not to disturb fellow Gym users. The use of any other music players (namely those which project music through speakers) is prohibited.

d. Use of Equipment: Do not use the cardiovascular machines for more than twenty minutes at peak times. Allow others to use the weight machines and free-weights between sets.

e. Free-weights: Return all free-weights to the stack once finished. If you are found not putting your weights back then a Ban will be put in place.

**PLEASE RETAIN THE GRFC TERMS AND CONDITIONS FOR YOUR OWN RECORDS.**