



TURN UP CUSTOMER REGISTRATION & CONSENT FORM

If you are not a gym member and would like to take part in any of our exercise classes or organised sessions you will need to complete the below registration form.

You must sign the consent form below in order for us to store your information, but your personal information will not be used for any marketing purposes unless you choose to tick the separate consent boxes at the bottom of the page.

CUSTOMER INFORMATION - (PLEASE USE BLOCK CAPITALS)

FULL NAME OF CUSTOMER:

CONTACT NUMBER(S):

DATE OF BIRTH:

EMAIL:

EMERGENCY CONTACT NAME:

EMERGENCY CONTACT NUMBER:

CONSENT FORM

Your privacy is important to us and we would like to communicate with you regarding Woodford Park Leisure Centre, its facilities and activities. To do so we need your consent. Please fill in your name, sign and date below and confirm your consent by ticking the boxes that follow.

Name:

Signature:

Date:

(if you are aged 13 years or younger your parent / guardian must sign and date above)

(please tick)

Yes please, I would like to be contacted in the event that a class or activity that I have previously attended is cancelled unexpectedly:

Yes please, I would like to receive marketing material via email:

Yes please, I would like to receive marketing material via telephone / text message:

You can withdraw or change your consent at any time by contacting our sports team:

sports@woodley.gov.uk

You can find out more about how we use your data from our "Privacy Notice" which is available on our website, www.woodley.gov.uk, or from the Woodley Town Council offices.

HEALTH & EXERCISE AWARENESS INFORMATION

There are many health benefits to be gained from regular exercise. However, for a small number of people, taking part in physical activity without first consulting a medical professional is not recommended.

The following sheet is designed to help you decide whether or not you should visit a medical professional before exercising. If any of the following statements apply to you we recommend that you seek medical advice before taking part in exercise.

1. You have ever had a heart condition or heart surgery.
2. You have ever felt pain in your chest whilst taking part in exercise or whilst at rest.
3. You ever feel faint, have dizzy spells or suffer from blackouts.
4. You suffer from asthma or other respiratory condition.
5. You have a joint problem that could be made worse by exercise.
6. You have ever been diagnosed with high blood pressure.
7. You are pregnant or have given birth in the past six months.
8. You are over the age of 59 years and not currently used to exercise.
9. You suffer from diabetes or epilepsy.
10. You are currently taking any prescription medication.
11. A doctor has previously told you that you should not take part in exercise.

The above list is not extensive and you should always seek the advice of a medical professional before you take part in exercise if you suffer from another injury, illness or condition that is not included on this list.

By taking part in one of our exercise classes or sessions you are accepting that there is a risk of injury, illness and / or death and understand that it is your responsibility to ensure that you are safe to participate in exercise sessions and classes.

It is also your responsibility to make your instructor or coach aware of any medical conditions, illnesses or injuries prior to the start of a session or class.

**The
Gym on
the
Park**