

# dimensions

health and fitness

## Old Admiralty Building

### Gym Application Form

**Step 1:** Please complete and return this form to [dimensions@defra.gov.uk](mailto:dimensions@defra.gov.uk)

**Step 2:** Once your application has been approved, arrange payment to the Dimensions bank account – **detailed below.**

**Step 3:** We will be in touch to arrange a short induction session and to explain how to access the gym - security branch need to change the settings on your work pass to open the gym door.

#### Applicant Details

First name	
Surname	
Department	
Office Location	
Work E-mail	
Security Pass number	

#### Payment

- 12 months in advance (£100)
- 6 months in advance (£60)

Please make payments to the Dimensions account as follows, including your name as a reference:

- Bank: Starling Bank (name of account is **Dimensions Health and Fitness Centre Limited**)
- Sort Code: **60-83-71**
- Account No: **43906842**

## Basic health assessment

Regular physical activity is fun and healthy and can contribute to wellbeing at work. Whether you are an experienced gym user or looking to become more active it is important that you ensure that you can use the facilities safely as Dimensions cannot take responsibility for injuries or for your general health.

Please review and answer the questions below. If you answer yes to any of them then we would expect you to consult with your doctor before joining.

	Yes	NO
1 Has your doctor ever said that you have a heart condition and that you should only do physical exercise recommended by a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
2 Do you feel pain your chest when you exercise?	<input type="checkbox"/>	<input type="checkbox"/>
3 In the past month have you had chest pain when you were not doing physical exercise?	<input type="checkbox"/>	<input type="checkbox"/>
4 Do you lose your balance because of dizziness or do you ever lose consciousness?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you have a bone or joint problem that could be made worse by a change in the level of your physical activity	<input type="checkbox"/>	<input type="checkbox"/>
6 Is your doctor currently prescribing drugs for your blood pressure or heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you know of any reasons why you should not do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

If you have ticked yes to any of these questions then please confirm that you have consulted with your doctor and that they support your use of the gym.

## Declaration

The information in this form is accurate to the best of my knowledge. I have read and accept the terms of Dimensions membership and am willing to undertake a gym induction session. I will abide by the rules of the club. I accept that I will use the gym and related facilities at my own risk.

Signed:

Date:

## Membership terms and rules

- 1 **Membership:** The Committee has the authority to terminate the membership of any member, without repayment of fees, for not complying with these rules, misusing the equipment, inappropriate behaviour or causing a nuisance.
- 2 **Membership fee:** The subscription rate shall be reviewed annually and the rate recommended by the Committee subject to approval at the AGM. The fees shall apply to all members equally. It is the responsibility of members to ensure that they make arrangement for payment of the membership fees. The committee will aim to advise members who have not paid but retain the right to withdraw membership and access to the gym if payment is not up to date.
- 3 **Induction training:** new members shall only be permitted access to the gym or to use any of the equipment after they have attended an induction session with a Committee-appointed trainer
- 4 **Use of the equipment/peak period use:** members are expected to be mindful of others and maintain the etiquette of the gym as advertised on posters in both gyms. Specifically they should not monopolise any equipment e.g. by resting on it between sets, should wipe equipment down after use and reset weight stacks pins to low weights when finishing on any piece of resistance kit. During times of busy use, time spent on CV equipment should be limited to a maximum time per piece of equipment, as displayed.
- 5 **Dress:** Members must dress appropriately in the gym and wear suitable sports clothing and footwear. "Suitable" is defined as sports clothing which is not provocative or revealing.
- 6 **Condition of the equipment:** Dimensions aims to ensure the kit is kept in working order and well maintained, but it will show wear and tear through use. Members can help keep it in good condition and ready for others to use, leaving it as they would like to find it, by using the wipes/paper towels provided to clean after use and also putting all equipment back in its usual place.
- 7 **Food and drink:** Only water and energy drinks in sealable containers should be taken into the gym.
- 8 **Injuries:** Dimensions will not be liable for any accidents or injuries arising from the use/misuse of the facilities. All members will be covered by public liability insurance through their CSSC membership.
- 9 **Care of personal belongings:** Dimensions takes no responsibility for any personal items lost, stolen or damaged either in the gym or in the changing areas. Provision of changing room lockers is outside Dimensions' control, and if no lockers are available for use in the changing rooms members may bring their kit bags and valuables into the gym for safer keeping as they work out