

dimensions

health and fitness

Great Minster House Gym Application Form

Step 1: Please complete all sections of the application (Applicant Details, Health Assessment & Declaration) then return this form to dimensions@defra.gov.uk

Step 2: Once your application has been approved, you will then be asked to make payment to the Dimensions bank account. **(When transferring it can sometimes state that the name of the account doesn't match, please be assured that the account details below are correct).**

Step 3: We will be in touch to arrange a short induction session arrange gym pass access.

Applicant Details

First name	
Surname	
Department	
Office Location	
Work E-mail	
CSSC Membership number <small>(CSSC membership mandatory requirement) www.cssc.co.uk</small>	
Security Pass number	

Payment

- 6 Months in advance £60
- 12 Months in advance £100

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

- **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 in 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.

Personal Emergency Evacuation Plan (PEEP)

Please indicate whether you need to complete a PEEP. These must be completed for all people who may have (not limited to):

- Mobility impairment
- Hearing impairment
- Visual impairment
- Health conditions requiring (certain types of) regular medication or special management problem with orientation.

Yes	NO
-----	----

<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------

GYM & SPORTS FACILITIES WAIVER

Instructions to Participant

1. Read waiver
2. Insert your name at 1.3 in BLOCK CAPS
3. Tick the boxes at 6.1 to 6.4 to confirm you have read and agreed to those warranties
4. Sign and date at the bottom of the document to agree to this waiver.

1. Definitions:

1.1. **Facilities:** the gym facilities located within Great Minister House, or any future substitute facilities.

1.2. **Interested Parties:**

- Dimensions Health & Fitness Centre Limited (Company Number: 14349261);
- The Secretary of State (including but not limited to, the Department of Transport); and
- The Civil Service Sports Council Limited (Company Number: IP09685R)
- Any agents of the above.

1.3. **Participant:** _____ (Insert Name in BLOCK CAPS)

2. In consideration of being allowed to use the Facilities, the Participant hereby acknowledges and agrees to the terms of this waiver.
3. The Participant waives the liability of the Interested Parties for accidents, injuries or damages which arise from the use or misuse of any of the Facilities or any equipment within the Facilities.
4. The Participant acknowledges and understands that using the Facilities could result in various risks such as accidents, injuries or even death.
5. The Participant assumes responsibility for their safety and other risks, even if a risk were to occur in a manner which is not reasonably foreseeable at the time of signing the agreement.
6. The Participant warrants that:

6.1. They will adhere to signage within the gym and follow any instructions provided; This includes information given at the gym induction or that comes with the gym equipment;

6.2. Where the participant has any concerns regarding their health and fitness, they will seek independent medical advice before using the Facilities;

6.3. To their knowledge, they are in good health and that as far as they are aware, using the Facilities would not be harmful to their wellbeing;

6.4. Will only use equipment which they have been properly instructed on how to use;

The Participant understands that breaching the above warranties means that it is more likely that then or other injury will occur.

7. The Participant confirms that they fully understand the terms of this waiver and are signing freely and voluntarily.

8. If any part of this waiver is or becomes invalid, illegal or unenforceable, it shall be deemed deleted, but that shall not affect the validity and enforceability of the rest of the waiver.

Signed: _____

Dated: _____

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:** Opening times for the gym are Monday – Friday 6am – 8pm. 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. Members must always wear footwear in the gym, and footwear must not be dirty or muddy.
- 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.
- 10 **First aid –** If first aid is needed, contact the DfT security team on **020 7944 6999**. A first aid kit is also available in the gym, all members should ensure this is intact, if not please contact the DfT security team.