Aston University

Aston Staff/Spouse/Child New Member Form

PLEASE COMPLETE SECTIONS 1, 2, 3 & 4 IN BLOCK CAPITALS. SECTIONS MARKED WITH * ARE MANDATORY.

Section 1: Your Details

Title: Mr | Mrs | Miss | Ms | Dr | Prof

*First Name:

*Surname:

Date of Birth: / / (DD/MM/YYYY)

*Aston Email:

*Address:

*Postcode:

*Tel:

Please indicate how you heard of us: _____

Section 2: Choose your membership type

Gold, Silver & Bronze Explained
Gold: Gym, Pool, Sauna, Steam, Aerobics & Yoga Classes
Silver Wet: Gym, Pool, Sauna & Steam
Silver Dry: Gym, Fitness & Yoga Classes

Aston Staff/Spouse/Child Memberships						
	Bronze	Silver Dry	Silver Wet	Gold	Swim	Swim & Sauna
3 Month Membership	£80.00	£95.00	£95.00	£105.00	£65.00	£75.00
12 Month Membership	£190.00	£230.00	£230.00	£270.00	£170.00	£190.00
Monthly Payment	£15.83	£19.16	£19.16	£22.50	£14.16	£15.83
Weekly Payment	£3.65	£4.42	£4.42	£5.19	£3.26	£3.65

For Sport Aston Staff to complete				
Total	Payment taken by	Induction Date	Induction Time	Induction Completed by
£				

MUST BE COMPLETED BY ASTON UNIVERSITY EMPLOYEE

STAFF DEDUCTION FROM SALARY (only available for permanent members of staff on annual memberships. Casual staff cannot pay via salary deductions):

Aston University Employees name: _____

Are you paid weekly ☐ monthly ☐ payroll number _____

I authorise the Payroll Office to continuously deduct £_____ from my salary in respect of membership of sports facilities until either a) I advise the Sport Aston Department of my desire to terminate or change my membership; or b) the Department informs me of a change in the charges at which point I can choose to cancel the membership and payments by notifying sportsenquiries@aston.ac.uk or allow it to continue.

Signed _____ date _____

Please return this form along with a form of payment to reception of The Sir Doug Ellis Woodcock Sports Centre.

Payroll Deduction start : _____ **(office use only)**

SPORT ASTON

GYM MEMBERSHIP: PRE-EXERCISE QUESTIONNAIRE

In order to comply with national safety standards for use of fitness facilities we would ask you to complete the following questions on your general health. The inclusion of some form of exercise as part of your week's schedule has numerous health benefits, whereas the risks are minimal by comparison, particularly if well controlled. This self-screening process is part of our duty of care and responsibility to our customers.

If you have any queries please contact one of the Sport Aston staff on duty. If they can't answer your query they will know someone who can! Thank you.

Section 3: Health Questionnaire

*Do you or have you ever suffered from any of the following: (please circle Yes or No):

- Heart Condition or Angina…….. Yes No
- Chest pains or severe shortness of breath……... Yes No
- Dizziness or loss of balance…… Yes No
- High Blood Pressure…… Yes No
- Low Blood Pressure…….. Yes No
- Any joint or bone problem that can be made worse by increase/change in exercise……. Yes No
- Rheumatoid or Osteo-Arthritis or Osteoporosis…… Yes No
- Diabetes…….. Yes No
- Is your doctor currently prescribing drugs for a condition that may be affected by exercise……. Yes No
- Do you know of any other reason why you should not undertake physical activity……. Yes No

IF YOU ANSWERED ……..	
NO to all questions ……	**YES** to one or more questions …..
If you answered NO honestly to all questions, you can be reasonably sure that you can start becoming more physically active, but begin slowly and build up gradually. Take part in a fitness appraisal. This is an excellent way to determine your basic fitness so you can plan the most suitable exercise programme for your needs. Note: If your health changes so that you then answer 'yes' to any of the above questions, advise your fitness instructor or consult with your GP on whether you should change your activity / fitness programme.	Talk to your doctor BEFORE you start becoming much more physically active. Tell your doctor about what you are intending to do and about the questions on this form to which you have answered 'yes'. You may be able to do any activity you want as long as you start slowly and build up gradually. Or you may need to restrict your activities to those which are safe for you at present Talk to your doctor about the kinds of activities you wish to participate in and follow their advice. Reduce or stop training if you are feeling unwell because of a temporary illness such as cold or fever. Wait until you feel better before resuming normal levels of activity.

Section 4: Declaration By Customer:

I have read and understood this agreement before signing it. I agree to abide by the rules for using the sports facilities at Aston University. In the case of the gym I have completed a health screening questionnaire and agree to abide by the house rules for the gym. I have also provided relevant identification if applicable in order to secure any reduced membership rates.

Membership Cancellation Policy:

Upon signing this membership agreement, you will have 14 calendar days to cancel your membership with Aston University. In this circumstance, you will receive a full refund for any membership fees paid. After the 14 day cancellation period, you may cancel your gym membership by giving no less than 1 months' written notice. To cancel your membership, please complete the cancellation form (hardcopy attached) and send it addressed to Membership Admin, The Sir Doug Ellis Woodcock Sports Centre, Aston University Aston Triangle, Birmingham, B4 7ET . Alternatively, please contact sportsenquiries@aston.ac.uk and notify them of your request to cancel your membership. You acknowledge that the fitness classes timetable will change periodically and that the management of Sport Aston reserve the right to cancel any class in the event of low numbers attending or for any other reason. No refunds will be given in the event of cancellation of classes.

Gym Rules:

By signing this membership agreement I agree to abide by the 'Gym House Rules' which are displayed at reception or at www.aston.ac.uk/sport/gym/gymrules and relate to opening hours, use of other facilities and your conduct. We may, unless stated otherwise in this agreement, make reasonable changes to the rules at any time provided we give you advance notice of the changes. I am aware that I must bring my Gym ID card with me on each visit, and that this card is strictly non-transferable.

Signed:_____ **Dated:**_____

Please bring this completed form to the Sir Doug Ellis Woodcock reception along with a form of payment. If you have not been a member at the Sport Aston Gym you will need to complete Gym Induction before you can use the gym which will be booked with you when you purchase a membership.

Section 5: To be completed by Sport Aston Staff

New No	Expiry Date	Membership Processed by
[ ]	[ ]	[ ]