



Tarleton Rugby Union Football Club

Gym & Fitness Room Disclaimer (Form A)



Please answer the following questions with either Yes or No.

1. Has your doctor ever said you have heart disease, high blood pressure or any other cardiovascular problem?
2. Is there a history of heart disease in your family?
3. Has your doctor ever said you have high blood pressure?
4. Do you ever have pains in your heart and chest after undergoing minimal exertion?
5. Do you often get headaches, feel faint or dizzy?
6. Do you suffer from pain or limited movement in any joints or bones, which has either been aggravated by exercise or might be made worse by it?
7. Are you taking drugs or medication or recuperating from a recent illness or operation at the moment?
8. Are you pregnant?
9. Do you have any other condition, which might affect your ability to participate in exercise?
10. Are you over 35 and unaccustomed to physical exercise?

If you answered YES to one or more questions consult your doctor before using the TRUFC gym & fitness room and ask his or her advice as to whether you can undertake unrestricted exercises on both cardiovascular machines (bikes, rowers and steppers) and resistance equipment (multi gyms and free weights). Always follow your doctor's advice.

I have read the above questionnaire and I have / have not* (delete as appropriate) sought medical advice. I agree to abide by the rules of the TRUFC Gym & Fitness Room and I undertake to not use any equipment that I am unsure of and to seek advice whenever I am unsure about anything. I understand that I use this facility at my own risk and that Tarleton Rugby Union Football Club accepts no liability for injury or damage.

NOTE the Free Weights with or without the weights bench and the Multigyms must NOT be used for the first time without proper supervision.

NAME (Print).....

SIGNATURE.....

DATE.....

USER CARD NUMBER..... ISSUED BY.....



Tarleton Rugby Union Football Club

Gym & Fitness Room Rules

Zim's Gym

1. Make sure you have signed the TRUFC Gym & Fitness Room Form A and please sign in the register every time you use the gym & fitness facility.
2. You are advised to seek medical advice before using the equipment in this facility.
3. You are advised not to drink alcohol or eat a heavy meal for up to two hours before training.
4. Do not train alone. Always ensure there is another person present in this facility.
5. Read all notices and information provided before using this facility.
6. Do not bring bags into this facility leave them in the changing areas provided elsewhere.
7. Do not bring food or drink into this facility except water in appropriate plastic containers, preferably water bottles. Take all empty bottles out when you leave.
8. Please bring a towel to place over the seats or benches and wipe down the upholstery and handles of equipment with the wipes provided.
9. Always wear appropriate clothing, especially footwear. Never train in bare or stocking feet. Never enter the facility with studded boots.
10. In the interests of safety and courtesy please return the pins to weight no.1 or 2 on the multigyms after use.
11. Please consider other users, especially at busy times.

NOTE the Free Weights with or without the weights bench and the Multigyms must NOT be used for the first time without proper supervision.