

# TM Fitness

TM Gym Ltd, The Old Ice Factory, Rolle Street, Barnstaple, Devon, EX31 1JP  
Telephone. 01271 379670 Email. info@tmgym.co.uk  
Established Business Since 2016 Directors Thomas & Linda Matthews

Please read each question carefully and answer each question as accurately as possible. Please ask staff for assistance if required

Name.....  
Date of Birth.....  
Address & Post Code.....  
Telephone Number.....  
Emergency Contact.....  
How did you hear about us.....  
List any current medication .....

### Medical Questionnaire

If answering yes to any of the questions below please give full explanations on the reverse of this form.

- |   |        |
|---|--------|
| 1. Have you ever had a heart attack, stroke, open heart surgery or any other coronary heart disease?  | Yes/No |
| 2. Do you know of any blood relatives who have had any coronary heart disease (stroke, heart attack, bypass surgery), before the age of 50?                     | Yes/No |
| 3. Do you ever experience pain or tightness in the chest whilst at rest or normal activities?   | Yes/No |
| 4. Have you ever been diagnosed with high blood pressure?   | Yes/No |
| 5. Have you or do you suffer from any respiratory problems (asthma, pneumonia) or any allergies?  | Yes/No |
| 6. Have you any metabolic problems (diabetes, thyroids, obesity)?   | Yes/No |
| 7. Have you suffered or do you suffer from any neuromuscular, orthopaedic or arthritic problems (epilepsy, convulsions, broken bones, knee or back problems)?   | Yes/No |
| 8. Have you ever suffered a major illness or had major surgery?   | Yes/No |
| 9. Have you suffered any injuries to the neck, shoulders, arms, back, hips, legs or joints?   | Yes/No |
| 10. Have you ever had a soft tissue injury lasting for 12 weeks or more?  | Yes/No |
| 11. Are there any other medical problems or information that you feel your health fitness consultant should know about before undertaking any form of training? | Yes/No |

**If any information on this form changes, please ask a member of staff immediately to update your personal information**

### Unstaffed Hours Terms & Conditions

**To gain access to the Gym during our unstaffed hours you must have the following:**

1. Be 18+ years old and competent on all machines & equipment in the Gym.
2. Have an up to date paid membership with active key fob. replacement fobs are £5.00.
3. Have had your photo taken for our data base.

**Gaining entry to the Gym when we are closed is a privilege and should not be taken for granted. If we think it necessary to do so, we will deactivate your Fob. To ensure your Fob does not get deactivated please follow these simple instructions:**

1. Keep an up to date paid membership.
2. Do not let others into the Gym using your fob. Everyone must sign himself or herself in.
3. Keep the areas and equipment that you use clean and tidy. Cleaning equipment is provided if needed.
4. Report all accidents and breakages on the forms provided at the reception desk.
5. Make sure all exercise is correct and controlled at all times.
6. Do not abuse any equipment or other Gym users.
7. CCTV is operational across the entire Gym. This must not be tampered with.
8. All doors and windows must be kept closed during the unstaffed hours.
9. Bring a mobile phone with you to call for help in the case of an emergency or use the Gym phone in reception on the windowsill.

### Privacy Policy

Information on this form may be shared with emergency services and or our insurers in the event of an emergency or incident on the premises.

CCTV is in 24h use in the Gym and is only there for evidence in case of an accident/emergency or insurance purposes. Only the data controller can view the footage on the CCTV.

Our Full privacy policy can be found at [www.tmgym.co.uk](http://www.tmgym.co.uk).

By signing this form I have completed, understood & am competent at the following:

Medical Questionnaire - Unstaffed Hours Terms & Conditions - Using the Gym equipment safely and correctly

Client/Parent Signature.....Date.....

Staff Signature .....Date.....