

GO:VER GYM GRASS ROOTS

FOR AGES: 14+ IN YEARS 9/10/11

GYM ACCESS: WEEKDAYS 15:00 – 17:00

TO BE COMPLETED BY THE GRASS ROOTS MEMBER	
FIRST NAME	SURNAME
AGE	DOB
EMAIL	MOBILE NO.
By providing your contact details you are agreeing to receiving communication from us that is essential for the smooth running of the services you are partaking in. If you do not wish to be added to our mailing list to receive Go:ver Gym news and events, please tick here <input type="checkbox"/>	
GYM ETIQUETTE IMPORTANT PLEASE READ When finished with a workout, please ensure you've put all your equipment away in the correct places. It is not fair for staff to repeatedly tidy up behind inconsiderate members - so be respectful to our staff and other members - BE TIDY! Ensure all equipment you've touched is spray disinfected after use – this includes if you sweat or spill chalk etc – good hygiene is imperative No excessive use of chalk – it is for use on your hands not all over the floor. Repeated mess will result in the chalk bins being confiscated for all. No muddy shoes in the centre AT ALL – this includes the changing rooms and especially in the gym. Please bring gym shoes with you and change into them outside if your shoes are muddied. Any culprits will be asked to Hoover and mop their own debris. Chewing gum – please show respect by putting your chewing gum in the bin and not on the carpark floor. Barbell use - Barbell exercises are not permitted with Grass Roots membership unless specialist training has been provided and has been signed off by an instructor. Respect other members – don't hog machines or train in large groups – respect different demographics. We have a wide ranging age of members at Go:ver Gym and many have been with us a long time – so please show respect, be friendly and respect personal space and retain a friendly, inclusive, training environment.	
PLEASE SIGN TO ACKNOWLEDGE YOU HAVE READ OUR GYM ETIQUETTE:	

TO BE COMPLETED BY THE PARENT/GUARDIAN	
FIRST NAME	SURNAME
RELATIONSHIP	
ADDRESS	
	POSTCODE
TEL: HOME	TEL: MOBILE
EMAIL	
By providing your contact details you are agreeing to receiving communication from us that is essential for the smooth running of the services you are partaking in. If you also wish to be added to our mailing list to receive Go:ver Gym news and events, please tick here <input type="checkbox"/>	
I CONFIRM MY CHILD IS IN YEAR 9/10/11 AND IS AT LEAST 14YRS OLD, please tick here <input type="checkbox"/>	
MEDICAL PROBLEMS/ALLERGIES/INHALER (PLEASE LIST)	
By signing this form, I give consent for appropriate trained staff at Go:ver Gym to give first aid on the above named child if needed	

SOCIAL MEDIA	
Periodically we take gym action shots to promote Gover Training Ltd and post these on our social media pages. Please tick here if you DO NOT wish your child to be included on social media	<input type="checkbox"/>
BARBELLS	
PLEASE NOTE: Barbell exercises are not permitted with Grass Roots membership unless specialist training has been provided and has been signed off by an instructor.	

Grass Roots Waiver of Liability

I give my full consent for the mentioned child to participate in the Grass Roots Membership as organized by Go:ver Training Ltd and held at Go:ver gym. I am aware that although all steps are taken to ensure participants safety, as with all physical activity there are inherent risks which can include accidents, falls, injury or even death.

I confirm that I know of no medical, physical or mental reasons why the mentioned child would not be capable of performing the physical activity in which they wish to participate at Go:ver Gym. I acknowledge my responsibility in communicating to a staff member prior to commencing activity, any physical and/or mental concerns affecting the mentioned child which could conflict with use of the facilities at Go:ver Gym.

I assume all risks of injuries associated with use of Go:ver Gym and its facilities including, but not limited to falls, contact with other participants, exercises and techniques taught to me by trainers employed by or providing services for Go:ver Training Ltd. and all other risks being known and appreciated by me.

Having read this waiver and knowing these facts, in consideration of accepting the mentioned child's use of the gym facilities and of services provided to the mentioned child at Go:ver Gym by Go:ver Training Ltd. I agree to **Hold Harmless, Waive and Release** Go:ver Gym, its directors, employees, representatives, anyone else providing a service at Go:ver Gym and successors from any responsibility, liabilities, demands or claims of any kind arising out of the mentioned child's use of facilities at Go:ver Gym or out of their participation in training, classes or anything else organised by or on behalf of Go:ver Gym.

AGREEMENT	
I hereby acknowledge that I am the legal guardian of the pre-mentioned child and all the information I have given is accurate. I confirm by my signature that I have read and understand the Grass Roots Waiver of Liability. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.	
PARENT/GUARDIAN FULL NAME	
PARENT/GUARDIAN SIGNATURE	
DATE	
STAFF NAME INPUT DATA CLUB MANAGER	DATE