

## MEMBERSHIP APPLICATION

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address (Please Print): \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Do you have or have you ever experienced any of the following	YES	NO
1. Do you have a Heart Condition (angina, chest discomfort)?		
2. Have you ever suffered a stroke?		
3. Do you experience pains in your chest at rest or during physical activity/exercise?		
4. Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance?		
5. Do you have asthma?		
6. Do you have diabetes? If yes have you had trouble controlling your blood glucose in the last 3 months?		
7. Do you have any diagnosed muscle, bone, or joint problem that could be aggravated by physical activity/exercise? If Yes please specify:		
8. Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/exercise? If Yes please specify:		
9. Is your doctor currently prescribing any form of medication (e.g. tablets for blood pressure, a heart condition, inhaler, etc.?) If Yes please specify:		
10. Have you previously been advised by your doctor not to partake in physical activity?		

If you answered **YES** to any of these questions, you must provide a doctors note from your GP prior to commencing physical activity.  
If you answered **NO** to all of these questions, it is safe to continue physical activity, however if any changes occur to any of these questions you must seek medical guidance prior to continuing.  
Before memberships starts you must have induction with Gym instructor.

12. If a medical emergency should arise during participation as part of the programme at a time when the participant is not able to give consent or make arrangements for treatment due to injuries; the instructor present are authorised to take whatever measures they shall deem necessary to ensure that the participant is provided with emergency care required, including hospitalisation:  
Please circle **YES** or **NO**

13. I understand and agree that the information provided in this form may be passed on to the Instructors or relevant persons who work within the National Sports Campus: Please circle **YES** or **NO**

14. Are you pregnant? Please circle **YES** or **NO**

### DECLARATIONS

In signing this form, I the participant, confirm that I have read this form in its entirety and I have answered the questions accurately and to the best of my knowledge.

I understand that should, during physical activity/exercise or use of jacuzzi/sauna/steam room, any unusual symptoms occur; I will cease participation and inform the instructor immediately.

In the event that a medical clearance must be obtained prior to my participation in any activity session, I agree to contact my GP and obtain written permission prior to commencement of the activity and give this permission to the instructor.

I understand that whilst participating in any physical activity I realise that there is always a risk or injury and I enter any exercise programme entirely at my own risk. If any of the information provided changes I will advise our health and fitness team as soon as possible.

Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

ToneZone Gym take your privacy seriously and will only use information gathered in relation to our gyms that meets the specific responsibilities as set out in General Data Protection Regulations. With legitimate interest, we will contact you in relation to your renewal or closures. However, from time to time we would like to contact you with details of events, classes, competitions and other information regarding the gym. If you consent to us contacting you for these purposes, please tick to say you agree & how you would like us to contact you.  I AGREE  I DO NOT AGREE

Email  Phone  SMS

Our staff will store your information on our gyms database for a maximum of 24 months unless re-registering.

Where did you hear about us? \_\_\_\_\_

# ToneZone Membership Terms & Conditions

1. On availing of a membership, you, the member accepts and agrees to be bound by the terms and conditions of membership of the facility as outlined by Sport Ireland National Sports Campus t/a ToneZone, herein known as "the company".
2. This agreement commences once you have indicated your acceptance of our terms and conditions.
3. Your membership starts immediately, and no refunds are given outside of our 7day cooling off period. A freeze facility is available on memberships for a minimum period of 1 month and a maximum of 3 months. Membership may be temporarily frozen for medical reasons only. A medical certificate or doctors note is required to freeze a membership.
4. The acceptance of an application for membership shall constitute a legally binding agreement between the member and the Company. The member hereby agrees also to be bound by these Terms and Conditions and Rules of the Company.
5. Members are expected to act respectfully while using our facilities. Aggressive or unruly behaviour towards staff or patrons will not be tolerated and will result in immediate termination of your membership. No Refund will be given.
6. Management reserve the right to close all or any of the facilities for essential maintenance, refurbishment, competitions and major events should the need arise.
7. Members will be issued with a unique personal Membership card. Membership cards must be presented at reception for each visit. Membership cards are for the individual member's exclusive use only. Transferring of membership cards is strictly forbidden and will result in immediate expulsion from the centre and the cancellation of membership without refund. The card will remain the property of the Company and upon termination of membership, must be returned.
8. As a member, you agree to comply with the rules of the facility, which are prominently displayed throughout the building, with regards to opening hours, emergency evacuation exit and your conduct.
9. Members, patrons and their guests must always treat the facilities, its staff and members with courtesy and respect. Membership may be terminated for violation of any rules or regulations of the Company or for conduct deemed by the management to be detrimental to the welfare, good order, safety or character of the National Aquatic Centre or its members.
10. All members must complete a Health Screen Form as part of their application process before they use the facilities. Through it the member acknowledges that he/she is in good health and not suffering from any disease or illness. Members must take all necessary medical and professional advice to ensure their safety. Where there is medical, or injury information provided on your application form, you will be required to submit a medical certificate to confirm that you are fit to partake in membership. It is the responsibility of you, the member, to inform and keep the company up to date when changes to your medical history occur. The member acknowledges that the facility accepts no liability whatsoever for any personal injury or damage sustained while he/she is using the facility premises, or parking areas.
11. On applying for a membership patrons must provide; a. 2 X Valid Proof of Identification i. 1 X photographic identification (e.g. Passport/Driving license etc.) ii. 1 X Proof of address (e.g. Utility bill, bank statement etc.)
12. Student, youth, senior and corporate members must produce ID of their status to qualify for that rate of membership.
13. On joining The National Aquatic Centre, each member must have their photograph taken for the membership database. This photograph may need to be updated from time to time.
14. For security and validation reasons, we reserve the right to scan each member's card. This will entail a member's photo being made visible or projected on the screens adjacent to the reception desk for no more than 10 seconds.
15. Members wishing to report a problem with services at the facility should contact the duty manager.
16. The Company is not responsible for the loss of personal items or damage to personal property either on the premises or in the car park.
17. The Company will endeavour to ensure that all facilities and equipment are maintained in working order. The company accepts no responsibility to the member for the failure or breakdown of any equipment or facility however caused.
18. Lockers are available for your convenience during the period of your visit. Lockers may not be used overnight. All bags must be placed in these lockers. Any items left in the changing rooms and lockers will be kept for a period of 1 week, after which time they will be disposed of.
19. Please note that facilities close (i.e. pool, fitness centre etc.) 15 minutes before closing hours listed to allow showering time. Final admittance will be 30 minutes before facility closes. Therefore, the facilities must be vacated by all members by 9:45pm on weekdays, 7:45pm weekends and Bank holidays.
20. Membership fees will be reviewed annually. The Company reserves the right to increase membership as required.
21. The Company reserves the right to amend and add to these conditions of membership and rules as it sees fit and the member shall observe any amended or additional conditions or rules so made. Any changes to these conditions will always be displayed on our website or reception areas.
22. ToneZone Gym take your privacy seriously and will only use information gathered in relation to our gyms that meets the specific responsibilities as set out in General Data Protection Regulations. The personal details required on this form are used for The Company's administration purposes only. Personal data is not disclosed to any third party without a member's consent. Your application form with your personal details will be stored in a locked cabinet for 2 years after your membership has expired and will then be destroyed.
23. Full membership entitles you to full use of the following facilities: ToneZone Gymnasium, International Competition Pool, Health Suite and Members Dressing Room.
24. Off Peak Membership allows use of the full facilities outlined above between 6:00am and 4:00pm Monday to Friday and 8:00am to 12:00pm Saturday & Sunday.
25. Swim Only membership allows use of International Competition Pools when available for public use.
26. Family Membership - available to parent or parents and their own children aged under 16 (max 2 adults 3 children). Children can use the pool only.
27. Youth Membership - To join as an individual member, person's must be aged 16 years old or over. A Youth is categorised as 16 or 17 years. A youth may be added to Family membership provided they provide proof i.e. valid ID. The Company reserves the right to request proof of family or couple status. A Youth can join Tonezone without a parent/guardian ONLY after they have been given written consent by their parent/guardian on their membership application form. Youth Members must complete a fitness induction before access is granted.
28. As a company, we follow safe selling of supplements and sport food guidelines.
29. No children under 16 permitted in members changing area, gym, sauna, steam room or jacuzzi.
30. All Direct Debit memberships are for a minimum of 12 months. Unpaid Direct Debits will be pursued and will be subject to a €10 administration fee.
31. Direct Debit payments will automatically continue on a monthly basis until you notify sales@nationalsportscampus.ie of your wish to cease your membership. Cancellation requests must be sent at least two weeks prior to the Direct Debit collection date and you must also inform your bank.
32. An administration charge of €10 will apply for replacing lost membership cards
33. Membership paid up front runs from the date of joining until 1 year has elapsed.
34. Non-payment of a direct debit will result in your membership being automatically suspended.

By using the facilities of ToneZone at the National Aquatic Centre it is most important you do the following:

- You must fully comply with the rules of ToneZone Gym & Pool.
- You must ensure you are fit to undertake the activity you are participating in.
- You have taken all relevant medical and professional advice to ensure your safety, to verify your fitness and to confirm your suitability for membership.
- You will seek instruction, from a member of the ToneZone fitness team, so as to make you competent in the activity you are undertaking (including the use of all relevant equipment).
- You will take reasonable precautions to ensure the safety of yourself and others.
- You will immediately inform staff of any accident or incident that occurs.
- Members wishing to report on problems with services at ToneZone & NAC should contact Gym Manager or Customer Service Manager (simply ask at reception)
- First time users must meet a gym instructor for an induction.

Applicants Signature : \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_

Block Capitals: \_\_\_\_\_

Date: \_\_\_\_\_

I have been Informed of:

- |  |   |
|--|---|
| <input type="checkbox"/> Health screening induction process                                | <input type="checkbox"/> Direct Debit policy        |
| <input type="checkbox"/> Cancellation policy   | <input type="checkbox"/> Membership Freezing Policy |
| <input type="checkbox"/> Storage of personal details for GDPR purposes have been explained |   |



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www.tonezone.ie