



SPORT  
IRELAND  
CAMPUS

FITNESS

# MEMBERSHIP FORM

*Our goal is to provide a welcoming, safe, and motivating environment where Sport Ireland Campus Fitness Members can pursue their fitness goals. This Code of Conduct outlines the standards and expectations for all members, guests, and staff, and your cooperation ensures that everyone enjoys their experience.*

<p><b>General Behaviour:</b></p> <ul style="list-style-type: none"> <li>• Treat everyone with respect and courtesy.</li> <li>• Use appropriate language; avoid offensive or inappropriate comments.</li> <li>• Follow staff instructions and requests promptly.</li> <li>• Report any suspicious activity or behaviour to staff.</li> </ul>	<p><b>Check-In Procedures:</b></p> <ul style="list-style-type: none"> <li>• Download our App 'Sport Ireland Campus' to access your digital Membership card.</li> <li>• Use your Membership card to scan in at the turnstiles.</li> <li>• Notify staff of any changes to personal information.</li> </ul>
<p><b>Dress Code:</b></p> <ul style="list-style-type: none"> <li>• When using the Gym/ fitness classes, wear clean, suitable fitness attire.</li> <li>• Wear appropriate training footwear &amp; indoor gym shoes when in the studios.</li> <li>• When using the Swimming Pools/ Health Suite, wear clean, suitable swimwear.</li> <li>• Always wear a swim hat.</li> </ul>	<p><b>Personal Belongings:</b></p> <ul style="list-style-type: none"> <li>• Use designated lockers for personal items.</li> <li>• Keep all areas clear of bags, jackets, or any other personal items.</li> <li>• Phones to be used for music only.</li> <li>• Use headphones for personal audio devices.</li> <li>• Respect others' privacy.</li> <li>• No photos or videos to be taken in the Gym, Fitness studios, Pools, Changing Area or Health Suite.</li> </ul>
<p><b>Safety &amp; Hygiene:</b></p> <ul style="list-style-type: none"> <li>• Complete the Health Screening form and notify the staff of any medical conditions before commencing training.</li> <li>• Complete your complimentary 30-minute induction.</li> <li>• Follow correct exercise techniques to prevent injuries.</li> <li>• Use provided towels or personal towels to maintain hygiene.</li> <li>• Refrain from using the facility if sick or experiencing symptoms of illness.</li> <li>• Bring a water bottle and ensure to stay hydrated when training.</li> <li>• Follow staff instruction and consult with the Fitness team before engaging in a new programme.</li> <li>• Use changing rooms and shower facilities provided and maintain good hygiene practices.</li> <li>• No food or drinks (except water) to be consumed in any of the training areas, health suite, or changing rooms</li> </ul>	<p><b>Swimming Pool &amp; Health Suite:</b></p> <ul style="list-style-type: none"> <li>• Swimming hats must be used in all pool areas.</li> <li>• Observe water depth before entering the water.</li> <li>• Please shower before and after using any of the pool areas.</li> <li>• No running, jumping or diving into the pool areas.</li> <li>• For lane swimming, follow swimming direction and use correct speed lanes.</li> <li>• No balls/ inflatables or any items which may impact other users.</li> <li>• Wear safety devices if required.</li> <li>• Observe and follow usage rules and safety notices displayed.</li> <li>• No washing, shaving or use of any liquids/ oils in the pools or Health Suite.</li> </ul>
<p><b>Fitness Classes:</b></p> <ul style="list-style-type: none"> <li>• Book your fitness classes in advance on the App or online.</li> <li>• Mark your class attendance by scanning in at turnstiles.</li> <li>• If you can no longer attend, cancel the booking to allow others to book the space.</li> <li>• Arrive on time for the class start time.</li> <li>• Notify the instructor or any medical conditions or injuries.</li> <li>• Fitness class penalties / strikes apply for no-show bookings. See details on App.</li> </ul>	<p><b>Equipment Use:</b></p> <ul style="list-style-type: none"> <li>• Consult with the Fitness team before using any new equipment.</li> <li>• Wipe down equipment after use with provided cleaning supplies</li> <li>• Return equipment after use to its designated place and store safely.</li> <li>• Share equipment and don't loiter on machines between sets.</li> <li>• Use equipment only in the designated areas.</li> <li>• Don't slam or drop weights.</li> <li>• Report damaged or malfunctioning equipment to staff.</li> </ul>
<p><b>Guest Policy:</b></p> <ul style="list-style-type: none"> <li>• Comply with the guest policy and ensure guests adhere to the Code of Conduct.</li> <li>• Members are responsible for their guests' behaviour</li> </ul>	<p><b>Personal Training:</b></p> <ul style="list-style-type: none"> <li>• Only authorized Campus Fitness staff may provide personal training, fitness classes or coaching services.</li> <li>• Unauthorized coaching or training is not permitted.</li> </ul>
<p><b>Children &amp; Minors:</b></p> <ul style="list-style-type: none"> <li>• Adhere to the facility's policies regarding children/ minors.</li> <li>• Supervise children at all times.</li> <li>• Children aged 8 and over to use Family changing area only.</li> <li>• Children age 15 and under are not permitted in the Gym, Members Area or Health Suite.</li> <li>• Ratio/ age policies apply – See admission policy for details.</li> <li>• Minimum 1 adult to 2 children age 8 and under.</li> <li>• Children age 9-12 must be accompanied by a Parent/ Guardian remains on-site for the duration of the visit. A consent form will need to be completed if parent/ guardian is not using the facility.</li> <li>• Child Memberships must be linked to a parent/guardian Membership account</li> </ul>	<p><b>Respect the Facility:</b></p> <ul style="list-style-type: none"> <li>• Observe opening hours and policies.</li> <li>• Use amenities, including locker rooms and showers, considerately.</li> <li>• Respect the facilities and equipment; refrain from defacing or damaging any part of the facility.</li> <li>• Report any damage to a staff Member</li> </ul>

**MEMBERSHIP TERMS & CONDITIONS** →





FITNESS

# MEMBERSHIP FORM

Name: \_\_\_\_\_

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

Contact Number: \_\_\_\_\_

Email: \_\_\_\_\_

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

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

County: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

Eircode: \_\_\_\_\_

Membership No. (Staff Input): \_\_\_\_\_

**Do you/Have you ever experienced any of the following:**

YES NO

Do you have a Heart Condition (angina, chest discomfort)?

Have you ever suffered a Stroke?

Do you experience pains in your chest at rest or during physical activity/exercise?

Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance?

Do you have asthma?

Do you have diabetes?

If 'yes', have you had trouble controlling your blood glucose in the last 3 months?

Do you have any diagnosed muscle, bone or joint problems that could be aggravated by physical activity/exercise?

If 'yes', please specify: \_\_\_\_\_

Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity or exercise? If 'yes', please specify: \_\_\_\_\_

Is your doctor currently prescribing you any form of medication (e.g. tablets for blood pressure, a heart condition, inhaler etc)? If 'yes', please specify: \_\_\_\_\_

Have you previously been advised by your doctor not to partake in physical activity?

Are you pregnant?

*If a medical emergency arises while partaking in physical activity on the Campus which leaves the participant unable to give consent or decide on a treatment due to injuries; the staff present are authorised to take the steps they deem necessary to ensure the participant is provided with the necessary emergency care required, including hospitalisation.*

*\*Before your Membership starts, you must book in for a Gym Induction with on of our Gym Instructors.*

**DECLARATIONS:**

- I understand and agree that the information provided within this form may be passed on to the instructors or relevant persons who work within Sport Ireland Campus.
- In joining Sport Ireland Campus Fitness, 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 the Health Suite (jacuzzi, sauna, steam room), or the facilities in general, if any unusual symptoms occur, I will cease participation and inform the instructor or another staff member immediately.
- In the event of highlighting a medical condition, I confirm that I have consulted with my GP and have permission to take part/use the facilities, and I will inform the instructors of my condition each time I train. I understand that a medical letter of clearance may also be required.
- I understand that whilst participating in any physical activity, I realise that there is always a risk of injury and I enter any exercise programme entirely at my own risk. If any of the information provided changes, I will advise the Health and Fitness team as soon as possible.

**MARKETING CONSENT:**

Sport Ireland Campus Facilities DAC take your privacy seriously and will only use information gathered in relation to our gym that meets the specific responsibilities as set out in General Data Protection Regulations. With legitimate interest, we will contact you in relation to your membership or closures. However, from time to time, we would like to contact you with details of events, competitions, and other information regarding the facilities. If you consent to us contacting you for these purposes, please tick to say you agree and how you would like us to contact you:

I AGREE  I DO NOT AGREE

EMAIL  PHONE  SMS

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



## 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 Campus, herein know as 'the Company'. The agreement commences once you have become a Member of Sport Ireland Campus Fitness. Your membership starts immediately, and no refunds are given outside of the 7-day cooling off period. A freeze option is available on memberships for a minimum period of 1 month and a maximum of 3 months. The freeze charge is €10.00 per month, medical freezes are exempt from charge once valid medical certificate is received.
2. 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.
3. Members are expected to follow the code of conduct and rules of the facility. Members, patrons, and their guests must always treat the facilities, it's 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 management to be detrimental to the welfare, good order, safety or character of Sport Ireland Campus or its members.
4. Management reserve the right to close all or any of the facilities for essential maintenance, refurbishment, competitions, and major events, should the need arise.
5. Members will be issued a unique personal membership card. Membership cards must be presented at Reception on 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.
6. 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 they are 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 confirm that you have permission from your GP to exercise. You may be required to submit a medical certificate to confirm you are fit to partake in Membership.
7. On applying for a membership, patrons may be required provide proof of Identification. Student, Youth, Senior and Corporate Members must produce ID of their status to qualify for that rate of Membership, which will need to be updated annually, upon request.
8. On joining Sport Ireland Campus, each Member must have their photograph taken for the membership database. This photograph may need to be updated from time to time. For security and validation reasons, we reserve the right to scan each Member's membership card. This will entail a member's photo being made visible at the Reception desk. Members may be required to produce their membership card or other identification to a staff member for inspection, upon request. Your membership card permits access to areas assigned to your membership type. Members are not permitted to use other areas of the facilities which are not assigned to their membership type.
9. No children under 16 permitted in the Members changing area, Gym, Health Suite (sauna, steam room or jacuzzi).
10. For group pool changing rooms, no children over the age of 8, are permitted in the opposite gender changing rooms. Family changing rooms are provided and recommended for any families using the facilities.
11. Members wishing to report a problem with services at the facility, should contact the Duty Manager or Gym Manager.
12. 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.
13. The Company will endeavour to ensure that all facilities and equipment are maintained and in working order. The Company accepts no responsibility to the Member for the failure or breakdown of an equipment or facility, however caused.
14. Lockers are available for your convenience during the period of your visit. Lockers may not be used overnight. All bags and personal items must be stored in lockers. Any items left in the changing rooms and lockers, will be kept in lost property for a period of 1 week, after which they will be disposed of.
15. Please note that the facilities (i.e. pool, gym) close 15 minutes before the closing hours listed to allow showering time. Final admittance will be 30 minutes before the facility closes. Therefore, the facilities must be vacated by all Members by 9:45pm on weekdays, and 7:45pm on weekends and bank holidays.
16. Membership fees will be reviewed annually. The Company reserves the reserves the right to increase membership prices as required.
17. The Company reserve the right to amend and add to these terms and 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 be displayed on our website and notice boards.
18. The personal details required on this document are used for the Company's administration purposes only. Personal data is not disclosed to any third party without a member's consent. The Privacy Policy is available here – [www.sportirelandcampus.ie/privacypolicy](http://www.sportirelandcampus.ie/privacypolicy)
19. **Your membership** 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. We require all fields of the membership and health screening form to be completed (i.e. full name, contact number, address, date of birth, etc.)  
The full **Standard Membership** entitles you to full use of the following facilities: Gymnasium, Fitness Studios, International Competition Pool, Health Suite, Members Changing Area. The **Swim Only Membership** allows use of the International Competition Pool and the Public Changing Area. The **Family full Standard Membership** entitles the parent/ guardians (over 18) access to the Gymnasium, Fitness Studios, International Competition Pool, Health Suite, Members Changing Area. For children under the age of 16, access to the International Competition Pool and the Public Changing Area. The Family Swim Only Membership entitles access to the International Competition Pool and the Public Changing Area. Family Memberships include unlimited access to Aquazone Leisure Swims (off-peak), and 4 x Family tickets to use for General Admission full access tickets. A **child membership (under 16)** must be linked to a parent/guardian membership account. Off-Peak memberships allow use of facilities between 6:00am-4:00pm Monday-Friday, and 8:00am-12:00pm Saturday & Sunday. A **Youth Membership** – To join as an individual member, a Youth person's must be aged 16-17 years old. A Youth Member can join without a parent/ guardian ONLY after they have been given written consent by their parent/guardian on the membership application form. The parent/ guardian must be present with the Youth Member at the time of joining. A Youth Member must complete a fitness induction before access is granted.
20. As a Company, we support safe selling of supplements and sport food guidelines.
21. All **Direct Debit** memberships are for a minimum of 3 months. Unpaid Direct Debits will be pursued and subject to a €10.00 administration fee. Direct Debits will automatically continue monthly until you notify [sales@sportirelandcampus.ie](mailto:sales@sportirelandcampus.ie) if you wish to cease your membership. A minimum of 30 days' notice is required to cancel your membership and all cancellation requests must be submitted in writing. The Member must also inform their bank. Non-payment of your Direct Debit will result in your membership being automatically suspended. An administration fee of €10 will be applied for rejoining up after a Direct Debit failure.
22. Memberships paid upfront run from the date of joining until 12 months has elapsed. You will be notified of your renewal via email.
23. An administration charge of €10 will apply for replacing membership cards.
24. For legitimate reasons, the Company may contact you to update you on any important Member information.
25. In the event of Galas or competitions, the Company reserve the right to reduce and/or close the competition pool for member/public access to facilitate the events.

### By using the facilities of Sport Ireland Campus Fitness, it is important you do the following:

- You must fully comply with the Code of Conduct for the facilities.
- You must ensure that you're fit to undertake the activity you are participating in.
- You have taken all 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 Fitness Team, so as to make you competent in the activity you are undertaking (including use of all relevant equipment).
- You will immediately inform staff of any accident or incident that occurs.
- First time users must meet with a Gym Instructor to complete a Gym Induction.

### I confirm I have been informed of:

Health Screening/ Induction Process  Direct Debit Policy  Cancellation Policy   
Membership Freezing  GDPR Policy - Storage of Personal Details  Code of Conduct

Applicant Name: \_\_\_\_\_ Applicant Signature \_\_\_\_\_

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

