

Under 16's Gym Membership Form



Please circle choice

Form to be completed by parent or guardian	Day Pass	Month Pass	Monthly DD	Annual
	5	19	18	180

Members Details	
Parent Full Name	
Child Full Name	
Email	
I would like to receive email news, offers and updates about the gym	Y/N
Child DOB	Under 16's must have an induction
Address	
Postcode	
Contact No.	
I accept the T&C's and Privacy Policy, signed
Acct No.	
Sort Code	
Bank	

Please complete the Physical Activity Readiness Questionnaire overleaf

Physical Activity Readiness Questionnaire

If your child is between the ages of 14 and 69, this PAR-Q will recommend if they should check with a doctor before they significantly change their physical activity patterns. If they are not used to being very active, check with their doctor before proceeding. Please read each question carefully and circle YES or NO:

- Does your child feel pain in their chest when they do physical activity? Y/N
- Has their doctor ever said they have a heart condition and that they should only do physical activity recommended by a doctor? Y/N
- In the past month, has your child had chest pain when they were not doing physical activity? Y/N
- Is their doctor currently prescribing medication for their blood pressure or heart condition? Y/N
- Does your child lose balance because of dizziness or do they ever lose consciousness? Y/N
- Does your child have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? Y/N
- Do you know of any other reason why they should not take part in physical activity? Y/N

I confirm that my child is voluntarily engaging in an acceptable level of exercise, and their participation involves a risk of injury. If having answered YES to any one of the questions, we have sought medical advice and GP approval for my child to exercise.

Name _____ Date _____ Signature _____

Inductions can be booked online at www.armouredmuscle.com

Allow 2 working days for account to be generated manually.

Your member number is your entry code.



Manage your membership, see your member No. and more with the app

