

# Under 16's Gym Membership Form



Please circle choice

Form to be completed by parent or guardian	Day Pass	Flexi Pass	Monthly DD	Annual
	6	21	19	190

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

***Under 16 's Inductions are mandatory before use.***

***Book online at [www.armouredmuscle.com](http://www.armouredmuscle.com)***

**Please complete the Physical Activity Readiness Questionnaire overleaf**

# Physical Activity Readiness Questionnaire

This PAR-Q will recommend if your child 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:

- Has their doctor ever said they have a heart condition and that they should only do physical activity recommended by a doctor? Y/N
- Does your child feel pain in their chest when they do physical activity? Y/N
- In the past month, has your child had chest pain when they were not doing physical activity? 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
- Is their doctor currently prescribing medication for their blood pressure or heart condition? 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 Parent Date \_\_\_\_\_ Signature Parent Sign

**Inductions can be booked online at [www.armouredmuscle.com](http://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**

