

# University of Lincoln Sports Centre Alumni Membership

Surname \_\_\_\_\_ First Name \_\_\_\_\_ D.O.B \_\_\_\_\_

Home Address \_\_\_\_\_ Post Code \_\_\_\_\_

Tel \_\_\_\_\_ e-mail: \_\_\_\_\_

Graduation Date \_\_\_\_\_ Course Taken \_\_\_\_\_

## Health Questionnaire

All answers are required for screening purpose only and will be treated in the STRICTEST CONFIDENCE.

- |   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| 1) Has your doctor ever said that you have any form of heart disease, high blood pressure or any other cardiovascular problems?                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Are you currently taking any medication that may effect you while exercising?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Do you ever have any pains in your chest especially associated with minimal physical effort?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Do you often get headaches, feel faint or dizzy particularly after exercise?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Do you suffer from pain or limited movement in any joints which may be aggravated by exercise?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Are you recuperating from a recent illness, injury or operation?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Do you suffer from any other medical condition (including asthma, bronchitis, epilepsy, diabetes etc) which you think might affect your ability to exercise? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) Do you know any other reason why you should not do physical activity?  | <input type="checkbox"/> | <input type="checkbox"/> |



I have answered the above questions to the best of my knowledge and agree to abide by the rules of the centre. I understand that the university will not be responsible for any claim for loss or personal injury sustained during the use of the equipment.

Signature \_\_\_\_\_

Date \_\_\_\_\_

### For Office Use Only

Evidence of UL Association? Yes  No

Member on System? Yes  No

|                    |  |                |  |
|--------------------|--|----------------|--|
| Card No:           |  | Date of Issue: |  |
| Issued By:         |  | New Member:    |  |
| Induction Date:    |  | Re-Register:   |  |
| Fitness Centre No: |  |                |  |

Additional Notes:

## Membership Conditions

Member may use the facilities at any campus.

Membership cards must be produced upon every visit and/or on demand by staff.

Full members are entitled to book facilities up to and including 7 days in advance.

Membership numbers must be quoted when booking facilities at all times.

A 48 hour notice period is required for all cancellations. Failure to do so may result in a block on membership card and/or payment for appropriate activity.

Use of facilities is dependant on the payment of appropriate fee.

All members using the fitness centre (including CV equipment) are required to undergo an induction, regardless of previous fitness experience.

Any member using the fitness centre without having an induction will be asked to leave the fitness centre and may have their membership withdrawn.

Lost/stolen cards. It is the responsibility of the member to pay for replacement cards.

The facilities will be available to members according to normal opening hours.

On occasions the facilities may close due to circumstances beyond our control. In such circumstances, no compensation payments will be made.

The management reserves the right to alter the membership conditions, advertised opening hours and/or activities without consultation. In such circumstances the management will endeavour to provide notice.

Appropriate sports clothing and footwear must be worn to the activity.

The university does not accept responsibility for personal belongings lost/stolen/damaged whilst on university premises.

Bags are not permitted in any activity areas. Belongings should be stored in a locker for which the appropriate fee must be paid.

The university reserves the right to prevent any member from using the facilities whose behaviour is deemed unsuitable.

Members must show due consideration for other users when using university facilities. In particular, abusive language and the threat or use of violence will not be tolerated.

Memberships may be withdrawn without refund from those found guilty of serious misconduct or breach of university rules and regulations.

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