

# BACK FOOTBALL & RECREATION CLUB

Back Community Centre, Upper Coll, Back, Isle of Lewis, HS2 0LS



Tel: 01851 820745 Email: [backfrc@gmail.com](mailto:backfrc@gmail.com)

Charity No.: SC032761 VAT Reg No.: 596 7628 71



## Gym Membership Application and Medical Declaration

Please complete this form and email it to [backfrc@gmail.com](mailto:backfrc@gmail.com) to be added to the waiting list for a gym membership.

Personal Details					
Title		First Name		Surname	
Address					
Postcode					
Telephone	Home		Mobile		
Date of Birth					
Email Address					
Please sign me up for the clubs monthly what's on newsletter				Yes /No	

At present, a maximum of 8 persons are allowed in the gym at a time, so whilst the gym remains open 24 hours Monday to Saturday, we are asking those applying for a new membership to give an indication of the sorts of times they expect to want to use the gym. You will not be restricted to these times but it will help us to better plan our membership allocations.

Please tick any that you think you might use:

	5am-8am	8am – 12 noon	12noon – 4pm	4pm-6pm	6pm-9pm	9pm – 5am
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

P.T.O.

Do you have problems with:	(Please circle)
Heart Condition	Yes / No
Chest Pains	Yes / No
Severe Dizziness	Yes / No
Muscular or Joint Problems	Yes / No
High Blood Pressure	Yes / No
Diabetes	Yes / No
Are you aware of any other medical reason why you should not use our facilities	Yes / No

***If you have answered YES to any of the above conditions you will be asked to confirm that your GP as been consulted about you joining the gym. If you have any concerns please contact the office on 820745.***

I have read and understood the medical declaration and can confirm that the details are correct. I agree to notify the club immediately of any changes relating to the information on this form.

I wish to apply for an annual membership costing £50 giving me 24 hr access Mon-Sat via a key fob. (An additional refundable £10 deposit is required for the key card.)

I can confirm I have read and understand the safety rules and information overleaf.

Signature

Date

-----office use only -----

Fee paid: £

Date:

I have checked the medical declaration and this client has completed their induction.

Instructor:

Date:

## Safety Rules and Information for Gym Users

**Whilst BFRC will take steps to ensure the premises and equipment is safe to use, it is the responsibility of the user to ensure the safe conduct of their activity while on the premises.**

This includes ensuring that you:

- Have completed a gym induction session and follow the procedures for the safe and correct use of all equipment and facilities.
- Understand the fire evacuation procedures and safety rules.
- Keep all entrances, exits and corridors clear at all times.
- Clear up any spillages quickly to avoid danger of slips or falls.
- Adhere to the strict No Smoking Policy in all the premises.
- Respect the facility and community. This includes vacating the facilities promptly and quietly, leaving the premises in a clean and tidy condition, not causing any purposeful damage and disposing of all litter in the bins provided.
- Adhere to the club's code of conduct for behaviour.
- Losses, breakages, damage, accidents involving personal injury and malfunctioning equipment must be reported immediately in writing to the BFRC committee c/o Back Community Centre, Upper Coll, Isle of Lewis, HS2 OLS.

Details of all **key holder contact details** are displayed at all main entrances.

**First Aid boxes:** are located in the gym, cleaner's cupboard, the kitchen in the community centre, the golf driving range and the All Weather Pitch (Arena) beside lights switch. A **defibrillator** is available on the external wall of the main hall.

**Cleaning equipment:** is available in the cleaner's cupboard in the room beyond the gym. In an emergency the electrical supply can be switched off using the fuse box in the electrical cupboard (located beside office).

**The fire evacuation meeting point is in the car park in front of the garage.**

**Fire alarms are tested every Wednesday at 10am.**

### **Fire Evacuation Procedure:**

Any person discovering a fire must:

1. Sound the alarm – using the break glass alarm points
2. Dial 999 to call fire brigade
3. Attack the fire if possible using the appliances provided.

On hearing the fire alarm must:

- 4 Leave building by nearest exit
- 5 Close all doors behind you (closed doors will slow the spread of the fire)
- 6 Report to the assembly point in the car park.

If evacuation is necessary it is important to remember the following golden rules:

- Do not panic – keep a clear head
- Do not stop to collect personal belongings or allow others to do so
- No heroics – People before property
- Close doors behind you
- Where possible use the nearest fire exit
- Do not re-enter the building or allow others to do so until instructed by the Fire Officer in charge.

### **ADDITIONAL SECTION ADDED IN RESPONSE TO COVID 19**

All members must book their visits in advance using [backcommunitygym.setmore.com](https://backcommunitygym.setmore.com).

By using this booking system you are consenting to our sharing your information with the NHS and CNES if requested as part of the Test & Protect Scheme.

Reservations are limited to a max of eight persons at a time in the gym.

Access to toilets in the main building is now permitted but unfortunately, the showers remain closed.

The gym will continue to be fogged once a week. Members are still required to use the cleaning equipment provided to wipe down all equipment after use.