



Welcome to OPEN Gym

Induction

Once you have completed your Gym Membership, Standing Order and Liability Disclaimer form as well as the Physical Activity Readiness Questionnaire (PARQ), the next thing you will need to do is book an induction. You must do this before you can start using the OPEN Gym.

To book an induction please email fitness@opennorwich.org.uk

Membership Cost

OPEN Gym is one of the cheapest gyms around. It's £10 a month payable by Standing Order. The great thing about OPEN Gym is when you pay for a membership you know that you are supporting young people. All gym usage and classes for them are free! We strongly feel by having this ethos we are making fitness accessible for all.

Age

OPEN is also a youth venue. Because of this we have separate classes for young people aged 12 – 17 and then other sessions for adults 18+.

Classes

Members	£3
Non Members	£7

Please refer to your timetable but we have a range of classes. These include: Circuits (Functionality Fitness), MMA, Running and Boxing.

For more information about the gym and classes on offer visit our website or to book please call the team on 01603 763111.



LOTTERY FUNDED

Physical Activity Readiness Questionnaire (PAR-Q)

Many health benefits are associated with regular exercise, and the completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life. For most people physical activity should not pose any problem or hazard. PAR-Q is designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them. Common sense is the best guide in answering these few questions.

1. Has your doctor ever said that you have a bone or joint problems, such as arthritis that has been aggravated by exercise or might be made worse with exercise? YES / NO
2. Do you have high blood pressure? YES / NO
3. Do you have low blood pressure? YES / NO
4. Do you have Diabetes Mellitus or any other metabolic disease? YES / NO
5. Has your doctor ever said you have raised cholesterol (serum level above 6.2mmol/L)? YES / NO
6. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? YES / NO
7. Have you ever felt pain in your chest when you do physical exercise? YES / NO
8. Is your doctor currently prescribing you drugs or medication? YES / NO
9. Have you ever suffered from unusual shortness of breath at rest or with mild exertion? YES / NO
10. Is there any history of Coronary Heart Disease in your family? YES / NO
11. Do you often feel faint, have spells of severe dizziness or have lost consciousness? YES / NO
12. Do you currently drink more than the average amount of alcohol per week (21 units for men and 14 units for women)? YES / NO
13. Do you currently smoke? YES / NO
14. Do you NOT currently exercise on a regular basis (at least 3 times a week) and/or work in a job that is physically demanding? YES / NO
15. Are you, or is there any possibility that you might be pregnant? YES / NO

16. Do you know of any other reason why you should not participate in a physical activity programme? YES / NO

If you answered YES to any of the questions above please give details:

If you answered YES to one or more questions: If you have not recently done so, consult with your doctor by telephone or in person before increasing your physical activity and/or taking a fitness appraisal. Tell your doctor what questions you answered 'yes' to on PAR-Q or present your PAR-Q copy. After medical evaluation, seek advice from your doctor as to your suitability for:

I. Unrestricted physical activity starting off easily and progressing gradually, and

II. Restricted or supervised activity to meet your specific needs, at least on an initial basis

If you answered **NO** to all questions: If you answered PAR-Q accurately, you have reasonable assurance of your present

suitability for:

I. A graduated exercise programme

II. A fitness appraisal

Assumption of Risk

I hereby state that I have read, understood and answered honestly the questions above. I also state that I wish to participate in activities, which may include aerobic exercise, resistance exercise and stretching. I realise that my participation in these activities involves the risk of injury and even the possibility of death. Furthermore, I hereby confirm that I am voluntarily engaging in an acceptable level of exercise, which has been recommended to me.

Clients Name:

Clients Signature:

Date:

Trainers Name:

Trainers Signature:

Date:

Additional Note: I have taken medical advice and my doctor has agreed that I should exercise.

Clients Signature:

Date:

Email	Please tick if you DO want to receive information about: <div style="text-align: center;"> <input type="checkbox"/> Youth activities <input type="checkbox"/> Gigs and events <input type="checkbox"/> Latest News and Offer </div> <i>You can unsubscribe at anytime. See our website for our full Privacy Policy</i>	
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Medical Information /

Does the participant have a medical condition that we should be aware of (e.g. asthma, epilepsy, allergies) or is the participant taking any medication?*

**Please note that OPEN will only use any medical information that you provide (a) for health and safety purposes to ensure that it is safe for the participant to carry out the activity, (b) to make any necessary adjustments so that everyone can fully enjoy the activity regardless of their ability and (c) to disclose to the emergency services in the event that the participant suffers an accident, injury or needs medical assistance whilst on our premises or during the activity.*

Do you consent to OPEN collecting and using this medical information for the above reasons? <i>If so, please tick "yes" opposite. If you do not give consent, unfortunately the participant will not be able to take part in the activity (as we need to know of any medical conditions so that it is safe for them to take part).</i>	Yes	
	No	

Media & Activity Consent /

I give permission for photographs and film to be taken of me and the participant and understand that such media may be used to publicise OPEN either through public display, publication, on social media and other promotional materials or as part of funding reports/applications.

Signed / _____ Print / _____

OPEN Agreement /

OPEN wants everyone who uses the venue to have a good time and to ensure that it remains a safe and enjoyable place. By signing this form you are agreeing to respect the OPEN guidelines*.

Signed / _____ Print / _____

GYM Consent

I am aware that Gym is an activity with a danger of personal injury or death. I have understood the nature of the activity and accept the risk involved. I confirm I am the the above named person and that I agree to take part in using the gym or partake in sessions at OPEN. I agree to any emergency medical treatment necessary during the course of the events including the administration of anaesthetics.

For further information about how OPEN uses your personal information or the personal information of the named child, including any medical information submitted, please see the Privacy Policy on our website (<https://opennorwich.org.uk/privacy-policy/>)

SIGNED	
Date	

www.opennorwich.org.uk E info@open247.org.uk T 01603 763111

CLIMBING – Climbing Consent

I am aware that climbing is an activity with a danger of personal injury or death. I have understood the nature of the activity and accept the risk involved. I confirm I am the above named person and that I agree to take part in using the gym or partake in sessions at OPEN. I agree to any emergency medical treatment necessary during the course of the events including the administration of anaesthetics.

For further information about how OPEN uses your personal information or the personal information of the named child, including any medical information submitted, please see the Privacy Policy on our website (<https://opennorwich.org.uk/privacy-policy/>)

SIGNED	
Date	

BMC Participation Statement

The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement



Liability Disclaimer

FOR GYM MEMBERSHIP AND USE OF EQUIPMENT

1. I confirm that I am a member of the OPEN GYM and have paid my subscription for the current month.
2. I have completed the Membership Application Form
3. I can confirm that I am familiar with the equipment in the Gym and have had sufficient training on the equipment to be able to use it responsibly;

I do hereby assume full responsibility for any and all damages, injuries, or losses that I may sustain or incur, if any, while attending or participating in any exercise programme, sport or physical activity. I hereby waive all claims against OPEN, its officials and employees, for any and all claims for injuries or damages that I might sustain.

I understand that there is risk of injury associated with participating in any exercise programme or sports activity and I certify that I am in good physical condition and have no known disabilities that might otherwise be detrimental to my health or well-being.

I certify that all of the information I have provided is correct and true.

All applicants must sign. Parents or guardians must sign a consent form if applicant is UNDER 18.

Code of Conduct

The OPEN Gym is a fantastic opportunity to get fit and learn a new skill.

We have put the Code of Conduct in to help support participants' learning and make sure we are as positive in our approach as possible. We hope you can see the benefits and support the Code of Conduct.

It is imperative that everyone involved with the OPEN Gym represents us in a positive manner. We expect our participants to set the hallmark in sportsmanship, conduct and overall behaviour for all the other Gyms/clubs involved in fitness and martial arts.

Here are a few rules and guidelines:

- Respect the gym. Leave things as you found them. This includes not taking things that aren't yours.
- Respect other people. Don't mess with other people's things. Don't interfere with their workout.
- No foul language.
- If you see something out of place bring it to the Coaches' attention.
- You know the difference between right and wrong DO WHAT'S RIGHT! (if you don't know the difference, ask the coach)
- Display and promote high standards of behaviour.
- Promote fair play and behave within the spirit of the rules.

- Always respect the Coaches' decisions.
- Never engage in offensive, insulting or abusive language or behaviour.
- Avoid bullying, intimidation and poor behaviour.
- Always do your best.
- Don't cheat, complain or waste time.
- Never be rude to other participants, spectators or Coaches.
- Listen to your Coaches and respect what he/she says

I understand that if I do not follow the code, action may be taken.

I agree to the above Liability Disclaimer and consent to the Code of Conduct, and fully understand the expectations and why they are in place.

Name: _____

Signature: _____

DATE: _____



Standing Order Form



To set up a regular standing order for OPEN Gym Membership, please complete this form and return to us at the address below.

Once we have received this form we will keep a photocopy and send the original to your bank so they can process your payments.

Title: _____ First Name: _____ Surname: _____

Address: _____

Postcode: _____ Telephone No./Mobile: _____

Email: _____

I would like to make a regular payment via standing order of:

£10 per month

Please debit the above amount from my account on or around the (tick as appropriate)

1st 15th 25th starting on month year until further notice

Instruction to your bank or building society to pay standing orders

Name and full postal address of your bank or building society

To the manager _____ (name of bank/building society)

Branch address _____

Postcode _____

Name (s) of account holders: _____

Bank/building society account number

Branch sort code

Signature(s) _____ Date / / _____
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Please pay HSBC, 18 London Street, Norwich, bank account 22479036, sort code 40-35-09 in the name of the **OPEN Youth Trust**.

OPEN 20 Bank Plain Norfolk NR2 4SF UK
T + 44 0 1603 763 111 E info@opennorwich.org.uk W www.opennorwich.org.uk

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