



Initial Membership Application Form

Please complete **all** details as well as the PAR-Q form below and return with your cheque or postal order to:

FitChick UK
Redwoods
Burfield Road, Old Windsor
SL4 2LP

You will receive your membership pack and further details within 7 working days of receipt of your completed form.

Your details are required for insurance purposes and in order to contact you regarding FitChick activities. Your personal details will not be shared with any third parties and will remain confidential to FitChick. Please call us on 0845 0945 406 if you have any questions or queries.

Name		Emergency Contact number	
Address (including postcode)		How did you hear about FitChick?	
Date of birth		Promotional Code (if applicable)	
Mobile Number		Email address	
Home telephone number		Amount Enclosed (Please call us if you need help with prices)	

I have read and understood the FitChick Terms and Conditions (available on the website or on request)

I have completed and returned the Physical Activity Readiness Questionnaire

Signature

Print Name

Date

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Physical Activity Readiness Questionnaire (PAR-Q)

If you are between the ages of 15 and 65 years and are planning to become more physically active, the questionnaire below will tell you whether you need to check with your doctor before you start. Common sense is your best guide when answering these questions. Answer each question honestly.

Your details are required for insurance purposes. Your personal details will not be shared with any third parties and will remain confidential to FitChick.

	Yes	No
Has your doctor ever said that you have a heart condition and recommended only medically supervised physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
Do you ever have pains in your chest when you perform physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had chest pain when you were not doing physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
Do you lose your balance due to dizziness or do you ever lose consciousness?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a bone, joint or any other health problem that causes you pain, discomfort or may limit you when exercising. (e.g. Arthritis, osteoporosis, high blood pressure, high cholesterol, anorexia, bulimia, anaemia, epilepsy, respiratory ailments, back problems, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>
Are you pregnant now or have you given birth within the last 6 months?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had a recent surgery?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have any chronic illness or physical limitations such as Asthma, diabetes?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have any injuries or orthopaedic problems such as bursitis, bad knees, back, shoulder, wrist or neck issues ?	<input type="checkbox"/>	<input type="checkbox"/>
Do you take any medications, either prescription or non-prescription, on a regular basis?	<input type="checkbox"/>	<input type="checkbox"/>
Do you know of any reason why you should not do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered **YES** to one or more question you will need to talk with your doctor **BEFORE** you can become a FitChick. It doesn't necessarily mean that you cannot take part but your doctor will be able to give advice regarding the type and intensity of exercise that is suitable for you. We require your doctor's agreement to take part if you have answered yes to one or more questions.

I have read and understood this questionnaire and completed it honestly.

Name:

Signature

Date:

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Term and Conditions

This document provides a summary of the services and terms of membership of FitChick. By joining FitChick, the client is deemed to agree to and adhere to the terms and conditions defined below.

1. FitChick provides a service to support members to build regular exercise into their daily lives. No responsibility for, or guarantee of, specific results is offered by the provider of this service.
2. Valid annual membership of FitChick is required in order to participate in FitChick activity sessions as well as a valid term pass. The fee for annual membership and a term pass is due in full prior to commencement of the contracted time period. Payment can be made by personal cheque supported by a cheque guarantee card, cash, e-transfer or via direct debit.
3. FitChick annual membership and term passes are strictly non-transferable.
4. Members do not need to pre-book their attendance at sessions, however booking in advance up to, but no less than 12 hours in advance entitles the member to certain "compensation" as defined as per the Terms and Conditions are membership, should the pre-booked session be cancelled and failure of the instructor to attend ensues. Members who have not pre-booked are not entitled to the aforementioned "compensation". A booking can be made by telephoning FitChick on 0845 0945 406 up to 12 hours in advance of a session. Sessions can be booked up to, but no more than 1 week in advance.
5. A valid term pass or FitChick Free Pass should be available to be shown to the instructor at the start of each FitChick session.
6. FitChick activity sessions will run from the appointed start time to the appointed finish time. Allowance for lateness of members or interruptions caused by members are not provided for. Exceptional circumstances are assessed solely at the instructor's discretion.
7. Lateness on behalf of the instructor beyond the first 10 minutes entitles all members present at the session in questions to a free FitChick pass.
8. Failure of the instructor to attend an advertised FitChick session without prior notice of session cancellation to members entitles all **pre-booked members** to a 10% discount on a future term pass or 5 free FitChick passes which ever is preferred by the member. No cash alternative will be offered. For definition of "pre-booked members" refers to point 4.
9. In the event of a medical condition or other long-term circumstances preventing attendance of FitChick sessions within the specified timeframe, the client may continue to utilise her FitChick annual membership to obtain relevant discounts and offers on local goods and services as advertised in the membership pack. No refund on term passes will be offered.
10. In the event of the provider being unable to fulfil provision of the service for the contracted period, a refund will be made to the member with respect to the remaining weeks of the current term pass at a rate of £10 per week for each remaining full week dated from the point at which the service was no longer able to be provided to the member. No refund will be given on annual membership and FitChick membership benefits can continue to be obtained for the period of the membership.
11. FitChick sessions are advertised as outdoor, all weather activity sessions and as such are held in all weather conditions except severely adverse conditions which are deemed by the instructor as presenting a risk to health and safety such as thunder and lightning. In the event of severe weather preventing outdoor activity sessions taking place, the standard cancellation policy will ensue. That is all **pre-booked members** will receive either a 10% discount on a future term pass or 5 free FitChick passes which ever is preferred by the member. No cash alternative will be offered. For definition of "pre-booked members" refers to point 4.

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12. The client is expected to provide clothing suitable to pursue outdoor activities in a range of weather conditions other than unusually adverse.
13. The member will adhere to a conventional or modest standard of attire appropriate for exercise and general activity for sessions. Appropriate footwear in good condition is deemed essential.
14. Lost current membership cards or term passes can be replaced at a cost of £5 per card or pass.
15. Members are informed that the programmes of strength, flexibility and aerobic conditioning inevitable involve risks of injury FitChick instructors, through appropriate training and due diligence to health and safety issues, aim to avoid and minimise risks at all times be cannot be held responsible for injuries incurred as a result of the exercise programme when all reasonable care has been taken to avoid risk. The member willingly undertakes the activity programmes recognising such risks.
16. All members are required to complete a Physical Activity Readiness Questionnaire on initially joining FitChick and again at each point of renewal of membership.
17. Members are required to inform the instructor at the start of each activity session if any aspect of their health or physical well-being, including injury and pregnancy has changed relative to the initial PAR-Q information provided.
18. As a result of participating in FitChick activity sessions the member is deemed to agree to the above terms and conditions.

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