



Oakham School
Leisure Club Application Form

Oakham Sports Centre

Oakham, Rutland LE15 6QZ

Telephone: 01572 758754 Email: cgn@oakham.rutland.sch.uk

Oakham School Leisure Club Pricing

	PER TERM	ANNUALLY
Swim and Gym	£100.00	£240.00

Leisure Club Details

Oakham School Leisure Club (OSLC) exists to encourage the use of the School's sports facilities and to provide fitness provision to the local community. The Swimming Pool and Fitness Centre are available ('The Facilities') for use, alongside changing facilities.

Membership

Membership is available either termly or annually. If you join on an annual basis your membership will run for 12 months from the date you join expiring on the 12 month anniversary of your joining date.

If you join on a termly basis, the dates are set out below:

Term 1: 03/09/2018 - 16/12/2018

Term 2: 07/01/2019 - 28/04/2019

Term 3: 29/05/2019 - 18/08/2019

Please note that all Leisure Club Facilities will be closed over the Christmas/New Year holiday period, plus all Bank holidays and for 2 weeks over the Summer from 19/08/19 - 02/09/19 for essential maintenance work.

Opening Hours

DAY	SWIMMING POOL	FITNESS CENTRE
Monday	11:45 - 12:45 & 19:30 - 20:45	13:00 – 14:00 & 18:30 – 21:00
Tuesday	07:45 - 08:30 & 12:00 - 12:45	13:00 – 14:00 & 18:30 – 21:00
Wednesday	12:45 - 13:45 & 20:00 - 21:00	13:00 – 14:00& 18:30 – 21:00
Thursday	07:45 - 08:30 & 19:30 - 20:45	13:00 – 14:00 & 18:30 – 21:00
Friday	19:30 - 20:45	18:30 – 21:00
Saturday	12:00 – 13:30	18:00 – 20:30
Sunday	08:30 – 10:00	18:00 – 20:00

Membership Form

Please complete and return with payment

Contact Information

Full name: _____

Address: _____

Postcode: _____

Telephone number:(home) _____ (mobile) _____

Email address: _____

Medical information (allergies): _____

Emergency Contact Information: (name and telephone number) _____

Membership

Please confirm if you wish to pay termly or annually (by ticking the box below):

Please make Cheques payable to OSEL

Bank details available on request for online / BACS transfer.

	PER TERM <input type="checkbox"/>	ANNUALLY <input type="checkbox"/>
Swim and Gym	£100.00	£240.00

Please return your completed signed forms to the Sports Centre Reception Office.

OSLC Terms and Conditions of Membership

- After the expiry of the term in this Agreement for which you the member ('the Member') joined or the annual period of twelve months, OSEL may in its absolute discretion on written notice to the Member vary from time to time the terms of this Agreement, including for the avoidance of doubt fees of Membership due, session timetables and term dates.
- Members agree to observe all rules and regulations imposed by the School and to take note of and abide by all notices posted.
- Whilst the School will make all reasonable efforts to protect the property of the Members, the School is not responsible for any personal property lost or stolen belonging to the Member within the Sports Centre facilities.
- Any Member parking a vehicle within the School premises does so at their own risk, the School is not responsible for any losses, theft or any damage to vehicles.
- Members must familiarise themselves with the actions to be taken in the event of an emergency, including locating Fire Exits & the Fire Assembly Point. A red emergency phone is located on the wall by the door to poolside; this can be used to call the Emergency Services, School Security (x 666), or the School Medical Centre (x 555).
- Members must inform a member of staff of any incident that may arise during their use of the facilities.
- Members will not smoke or consume alcohol on the premises. Members are prohibited from partaking in any form of exercise on the premises whilst under the influence of alcohol or drugs.
- Members will note that the needs of the School take priority and that availability of facilities may vary from time to time; the School will give Members as much notice as possible of any such changes.
- The School will not be liable for the death of, or injury to any Member or for any losses, claims, demands, actions, proceedings, damages, costs or expenses or other liability incurred by the Member in the exercise of the rights granted by the Agreement except where such death, injury or loss is due to the direct negligence of the School.
- Membership is only valid once payment has been received.
- Members are required to carry membership cards at all times when on School premises and may be asked to provide these as proof of identity at the discretion of any staff member.
- If any Member behaves rudely or abusively in any way to any other Member or to any member of staff of Oakham School or to any pupil of Oakham School, then OSEL may terminate this Agreement with immediate effect and will not permit you the Member to return to the premises. You agree that in these circumstances, OSEL will not be required to refund any membership charges that you, the Member, have already paid in advance.
- The Member agrees to Oakham School using their personal information to update the membership database only.
- No Members personal information will be shared with any outside organisations.
- If you would like to receive information electronically regarding cancellations and new sessions please tick the box

I wish to use the Fitness facilities and as such have read and understood the above information.

Signed: _____

Dated this day of _____ 20 _____



Name:

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

PAR-Q

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. The PAR-Q will tell you if you should check with your doctor before you start. Please read the questions carefully and answer each one truthfully: Tick **YES** or **NO**.

	YES	NO
1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?		
2. Do you feel pain in your chest when you do physical activity?		
3. In the past month, have you had chest pain when you were not doing physical activity?		
4. Do you lose your balance because of dizziness or do you ever lose consciousness?		
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?		
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?		
7. Do you know of any other reason why you should not do physical activity?		

If you have answered YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you attend the fitness centre. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

If you have answered NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- Start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 140/90, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better; or
- If you are or may be pregnant – talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

“I have read, understood and completed this questionnaire. Any queries I had were answered to my full satisfaction”

Signature:	Signature:(of parental guardian for those under the age of 16 years)
Date:	Staff Signature:

In completing this form I confirm that I have read, understood and answered the PAR-Q truthfully. All questions have been answered to my full satisfaction. I also state that I wish to partake in activities which are shown by the instructor which may include but not limited to cardiovascular, resistance and strength exercises using my body weight and equipment. I recognise that my involvement in physical activity may involve the possible risk of injury. In addition to this, I hereby confirm that I am willingly engaging in an acceptable level of exercise which has been recommended to me and realise that I am taking part entirely at my own risk and waive any legal recourse for damages to myself or my property which may arise from my involvement.

Please be aware that the Par-Q is valid for a maximum of 12 months from the date it is completed. In the event that you circumstances change so that you would answer YES to any of the seven questions then the Par-Q will become invalid and a new one will be required.

Informed Use of the PAR-Q:

Oakham School assumes no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity. **Physical Activity Readiness Questionnaire (PAR-Q).**