Under 16yrs
health questionnaire

health&leisure NEW FOREST

Form must be completed by parent/carer before your child attends induction below.

Induction date: ..... time: .....

Instructor: .....

Child details

Name: ..... Male ☐ Female ☐

Date of birth: ..... Height:.....

Address: .....

..... Postcode:.....

Tel: ..... Mobile:.....

Emergency contact details:

Parent/carer name: .....

Tel: ..... Mobile:.....

Address: .....

..... Postcode:.....

Name of doctor: .....

Practice name: .....

Tel: .....

Data Protection Act 1998
The information you provide will be held in accordance with the Data Protection Act 1998 and will not be shared with third party organizations or be used for any purpose that is not compatible with the purpose for which it was collected.

Does your child have any of the following? (please tick)

Epilepsy ☐ Joint problems ☐ Asthma ☐
Movement problems ☐ Diabetes ☐ Allergies ☐
Heart problems ☐

Other ☐ details: .....

Has anyone in your family had a heart problem when they were young?

No ☐ Yes ☐

Has your child ever undergone surgery?

No ☐

Yes ☐ details: .....

Is your child currently feeling unwell?

No ☐

Yes ☐ details: .....

Is your child currently receiving treatment from a GP or hospital consultant?

No ☐

Yes ☐ details: .....

Is your child currently on any medication?

No ☐

Yes ☐ details: .....

Does your child have a disability or impairment?

Visual ☐ Physical ☐ Hearing ☐ Learning ☐

Other ☐ details: .....

If you have answered yes to any of the questions above it may be recommended that your child visits their doctor before participating in activity. If your child's health changes and the answers to the questions above change please inform an Instructor as soon as possible.

I have read, understood and completed this questionnaire for my child to the best of my knowledge. I understand that my child uses the facilities at their own risk.

Parent/carer signature: ..... Date:.....

Conditions of use for junior gym users

Young people from 12yrs are permitted to use the gym unsupervised by a parent or carer during times when a fitness instructor is present.

Outside of supervised times (or in the event of staff sickness) all 12-15yrs will need to be supervised by an adult (18yrs+) who has completed a New Forest Health & Leisure gym induction.

When attending the gym, young people may only use equipment appropriate for their age, please see below:

Ages	CV area	Weights machines	Free weights area	Power Plate (if available)
16yrs+	✔	✔	✔	✔*
15yrs	✔	✔	✗	✗
14yrs	✔	✔	✗	✗
13yrs	✔	✗	✗	✗
12yrs	✔	✗	✗	✗

*Power Plate induction required

All young people using the gym must attend an induction where they will be shown how to use the equipment, receive a program and be given a safety tour of the area.

All young people must abide by the **gym rules** see overleaf.

We have read and understood the conditions of use for junior gym users.

Parent/carer

Name: .....

Signature: .....

Date: .....

Young person

Name: .....

Signature: .....

Date: .....

Gym rules

1. Please switch all mobile phones to silent, calls are not permitted to be taken in the gym. It is not permissible to use mobile phone cameras within this gym/centre without the permission of the shift manager.
2. Any belongings left unattended will be removed and taken to reception. We accept no responsibility for any loss or damage to your personal effects.
3. Your user card must be swiped at reception every time you use the gym.
4. Always wear the correct clothing & footwear i.e. trainers, shorts/tracksuit trousers and t-shirt/sweatshirt.
5. Always bring a towel and wipe down the equipment after use. Where exposed parts of the body touch any of the equipment, please place a towel between you and the upholstery.
6. Be aware of other gym users. When working on a specific exercise, please allow others to use the station when you are resting.
7. Always return the equipment to its correct place after use i.e. dumbbells back on to the racks. A tidy gym is a safe gym.
8. Always store bags in the lockers or storage areas provided. Bags can be hazardous when left on the floor. It is a health & safety requirement that bags are stored correctly.
9. Facilities are used at the customers' own risk. Customers must satisfy themselves that they have no medical conditions which would make it unsafe for them to use the gym.
10. Information relating to your personal fitness and any medical conditions will be held in automated form by the centre. The information held on the system will be used by the centre to record and manage fitness levels and workout programmes. It will also be used to actively promote other services offered by the centre which could be of interest to you. Your personal data will only be accessed by centre employees and will not be used for any other purpose.