

658 FITNESS PARENTAL CONSENT & JUNIOR GYM WAIVER

For members under the age of 16

Please complete this form before your child attends the gym.

By completing this form, you confirm that you are the parent or legal guardian of the child named, you give your consent for them to use the gym in accordance with our junior gym rules and conditions, and agree to the terms set out in the Parental Consent & Junior Gym Waiver below. These terms are also linked in the email we sent to you.

Child's name

By entering my name below, I confirm that this is my electronic signature and that I am authorised to provide parental/guardian consent for the child named above.

Parent/Guardian's full name

Parent/Guardian's signature

Date

Thank you. Your completed consent form will be recorded by the gym and retained as evidence of parental/guardian consent.

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Please read the following carefully.

I confirm that I am the parent or legal guardian of the child named and give my consent for them to use the gym in accordance with the junior gym rules of 658 Fitness and conditions set out below as well as the general terms & conditions linked in the registration form.

Junior Gym Rules & Conditions

- Under 16s are required to undertake an induction before using the gym. This must be booked via our online booking system or with reception. It is your responsibility to arrange this and ensure your child attends.
- Under 16s must not use equipment for which they have not been given a demonstration. They can book in for additional guidance at any time.
- Under 16s are not permitted to use the heavy weights area, the area to the left as you walk into the gym. Signs are in place.
- Behaviour towards other members, staff and equipment must be respectful at all times.
- Under 16s must not attend classes.

Should your child use the facility outside of these conditions, you understand that this is a release of liability and you are waiving any right you or your successors might have to bring a legal action or assert a claim against 658 Fitness, for our negligence or that of our employees, agents, or contractors, or for any injury sustained, before, during or as a result of you participating in activities related either directly and/or indirectly to 658 Fitness.

You acknowledge and agree to the following -

I understand that gym-based exercise and the use of exercise equipment carry inherent risks, including the possibility of injury. I understand that my child must use the equipment appropriately, follow all gym rules and instructions given by gym staff, and behave responsibly while using the facilities.

I understand that my child must not use equipment or areas of the gym that are restricted to them and must comply with any age, supervision or time restrictions that apply to junior members.

I understand that gym staff may ask my child to stop an activity or leave the gym if they believe they are using equipment incorrectly, behaving inappropriately, or failing to comply with the gym's rules or staff instructions.

I acknowledge that my child is responsible for using the gym and its equipment safely and appropriately and that I have discussed the importance of following the gym's rules with them.

I confirm that, to the best of my knowledge, there is no reason why my child should not participate in normal gym-based exercise. If there are any circumstances that may affect their ability to exercise safely, I understand that I should inform the gym before they participate.

I understand that the gym will take reasonable steps to provide a safe environment and appropriate facilities, but that it cannot guarantee that injury will not occur during exercise.

I agree that the gym may contact me if there is an incident involving my child, if they are unwell or injured, or if there is a concern regarding their use of the gym.

I understand that these conditions may be updated from time to time and that I will view them periodically to ensure that I'm still in agreement.

I understand that this consent may be withdrawn by me at any time by contacting the gym.

I confirm that I have read and understood the above information and agree to my child using the gym subject to its junior user rules and conditions and general terms & conditions.