

*Lomond Hills Hotel & Leisure Centre*  
*High Street, Freuchie. Cupar. Fife. KY15 7EY*  
**01337 857329**

**Leisure Centre Membership**  
**Application Form**

FULL NAME OF APPLICANT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_ POSTCODE \_\_\_\_\_

HOME/WORK TEL. No. \_\_\_\_\_

OCCUPATION: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

NATIONALITY: \_\_\_\_\_

NAME OF EMERGENCY CONTACT: \_\_\_\_\_

EMERGENCY CONTACT ADDRESS: \_\_\_\_\_

\_\_\_\_\_

EMERGENCY CONTACT TEL. No. \_\_\_\_\_

MEMBERSHIP TYPE REQUIRED: \_\_\_\_\_

COST PER MONTH / ANNUM: \_\_\_\_\_

- 1) I HAVE READ, AND HEREBY AGREE TO, THE LEISURE CENTRE MEMBERSHIP TERMS & CONDITIONS.
- 2) I HAVE SIGNED THE MEDICAL FORM.
- 3) I HAVE ENCLOSED A RECENT PASSPORT PHOTOGRAPH

SIGNED: \_\_\_\_\_

DATE: \_\_\_\_\_

**Leisure Centre Memberships**

**Associate - £50.00 PER YEAR and £4.00 per visit.**

**Monthly - £50.00 (no payment when visiting)**

**Yearly - £400.00**

**Joint Year Full - £550.00**

**Childs Membership Yearly - £78 (no payment when visiting) (monthly £6.50)**

**20% Discount available for Students & Senior Citizens. Proof is required.**

**(Discount does not apply to Associate's visiting cost.)**

**Payment can be made by Cash, Cheque, Credit or Debit card.**

**If paying by Cheque please make it payable to "Highlander Hotels Ltd".**

**Opening Hours**

**Mon to Sat: 7am – 9pm.**

**Sundays: 8am – 8pm.**

## Physical Activity readiness Questionnaire ( PAR – Q )

<i>Name:</i>			<i>Date:</i>		
<i>D.O.B:</i>	<i>Age:</i>	<i>Tel. No:</i>	<i>Wk. Tel. No:</i>		

**Regular exercise is associated with many health benefits, yet any change of activity may increase the risk of injury. Completion of this questionnaire is a first step when planning to increase the amount of physical activity in your life. Please read each question carefully and answer them honestly by circling “YES” or “NO”:**

<b>YES</b>	<b>NO</b>	<i>1) Has a physician ever said you have a heart condition and you should only do physical activity recommended by a physician?</i>
<b>YES</b>	<b>NO</b>	<i>2) When you do physical activity, do you feel pain in your chest?</i>
<b>YES</b>	<b>NO</b>	<i>3) When you were not doing physical activity, have you had chest pain in the past month?</i>
<b>YES</b>	<b>NO</b>	<i>4) Do you ever feel a loss of consciousness or do you lose your balance because of dizziness?</i>
<b>YES</b>	<b>NO</b>	<i>5) Do you have a joint or bone problem that may be made worse by a change in your physical activity?</i>
<b>YES</b>	<b>NO</b>	<i>6) Is a physician currently prescribing medications for your blood pressure or heart condition?</i>
<b>YES</b>	<b>NO</b>	<i>7) Are you pregnant?</i>
<b>YES</b>	<b>NO</b>	<i>8) Do you have insulin dependent diabetes?</i>
<b>YES</b>	<b>NO</b>	<i>9) Are you 69 years of age or older?</i>
<b>YES</b>	<b>NO</b>	<i>10) Do you know of any other reason you should not exercise or increase your physical activity?</i>

**If you have answered “YES” to any of the above questions, please check with your doctor BEFORE you become more physically active.**

**If you honestly answered “NO” to all the questions you can be reasonably positive that you can safely increase your level of physical activity *gradually*.**

**If your health changes so you then answer “YES” to any of the above questions, seek guidance from a physician and notify reception or our Leisure Centre Manager.**

<i>Participant Signature:</i>	<i>Date:</i>
-------------------------------	--------------

## **Leisure Centre Membership Terms & Conditions**

Please carefully read these rules and conditions of membership before you complete and hand the membership application to reception as they are legal and, for insurance purposes, binding.

Virtually all rules are straightforward common sense and there for everyone's benefit and protection. If you need any guidance on their implications or on membership details, please don't hesitate to contact us.

- 1) The Lomond Hills Leisure Centre shall be operated as a Proprietary Club owned by the Lomond Hills Hotel (The Owner – Alex Wallace). The Leisure Club Complex located at the above-named hotel shall be administered by the Manager or by such persons, as the owner shall nominate.
- 2) A person wishing to become a member of the Leisure Club must complete the official application form which should be submitted to the hotel reception accompanied by a recent photograph and the specified fee to cover membership costs. (A new photograph is not required with membership renewals)
- 3) The Owner reserves the right to reject any application for membership without giving any reason for doing so, in which case full membership fee will be refunded immediately.
- 4) A successful applicant will be issued a membership card which will remain the property of the owner. Membership cards should be left on display, at reception, when using the facilities.
- 5) Smoking is not permitted anywhere in the building.
- 6) Memberships are not transferable.
- 7) "Associate", "Yearly" & "Full" memberships are valid for a maximum of twelve calendar months from day of acceptance.
- 8) The Owner shall determine the subscription charges, if any, for the use of the facilities. These may vary at the owner's discretion. A list of charges in force will be displayed at reception.
- 9) Membership shall be renewed by payment to the Owner on or before the expiry date shown on the membership cards and hotel database. The owner reserves the right to refuse renewal of membership without reason for the decision.
- 10) Membership may be withdrawn at any time without notice at the sole discretion of the company. In the event of such withdrawal or in the event of the member wishing to withdraw a refund of the fee shall be at the single judgment of the Owner or Manager.
- 11) Each member may bring up to two guests at an additional charge per guest per visit on arrival. The member must remain and be responsible for their guests' behaviour throughout their stay.
- 12) People who are resident in the Hotel shall be entitled to use the leisure facilities free of charge.
- 13) In no circumstance will a person under the age of 16 be admitted to the gymnasium. If a 16 – 18 year old wishes to use the Gymnasium, a letter from the parent/guardian to the hotel owner / manager must be received before membership will be given. **Adult supervision must be given to people under 16 at all times whilst using the swimming pool. A maximum of two children may accompany an adult within any area of the leisure centre at any time. Each non-swimmer child must be accompanied by an adult (one to one).**
- 14) All members, their children and guests shall observe any directions of the pool attendant or member of Hotel Management and all rules, conditions and regulations that are displayed within the hotel and leisure complex.
- 15) The Owner shall be entitled without prior notice to vary opening/closing times. Individual facilities may be closed at anytime for any period due to repairs, alterations or maintenance at the Owner's discretion. There shall be no refund of the membership fee for any variation in the facilities availability.
- 16) The Owner employs staff to manage the Leisure Centre Complex but supervision of each facility is not possible at all times, therefore, the Owner does not accept liability for any person's accident, injury or misadventure. The Owner requires all users to ensure their health and physical condition is such as not to involve any risk to him/herself or any other person using the leisure centre and reserves the right to require the withdrawal, from any facility, of any person who may be considered constitutes a risk.
- 17) The Owner will not be responsible for any loss or damage to property of members or guest s, however caused.
- 18) Upon signing the membership form, the member will accept and be bound by the above conditions relating to membership. The purpose of the terms, conditions and rules are to ensure, at all times, the well-being and enjoyment of all users.

## **RULES OF USAGE**

- A. All guests must be accompanied by a member and must sign the "visitors' book".
- B. Membership Cards must be left at reception whilst using the facilities.
- C. The Jacuzzi is on a timer – 20 minutes on, 20 minutes off. It is not advisable to remain in the Jacuzzi when it's off as it is self cleaning.
- D. Blue Shoe covers must be worn over trainers if going through the pool area, to the gymnasium. The covers are located in the red bins in the changing rooms.
- E. Radios and other musical equipment are not permitted within the swimming pool area.
- F. For health, hygiene and safety reasons, it is compulsory for all members to shower before and after each use of the sauna and spa.
- G. No oils or sugar scrubs are permitted within the Leisure Centre.
- H. The use of razors is strictly forbidden.
- I. Members must wear sporting apparel designed for exercise use within the Leisure Centre i.e. shorts, t-shirts. At no time are swimming costumes or swimming shorts allowed to be worn in the Gymnasium. Suitable gym shoes must be worn in the gymnasium i.e. Trainers. Outdoor garments should not be worn within the Leisure Centre.
- J. Adults must accompany children in the sauna, spa and swimming pool. At no point will a child, under the age of 16, be allowed to use equipment in the gymnasium. The facilities must be vacated when requested by staff or on sounding of the fire alarm.