



# Plus Fitness Parent/ Guardian Consent Form

I am the Parent or legal Guardian of \_\_\_\_\_

Address: \_\_\_\_\_

Parent/ Legal Guardian Contact Number: \_\_\_\_\_

Parent/ Legal Guardian Email: \_\_\_\_\_

I am aware that the abovementioned has entered into a membership agreement with Plus Fitness and I accept the terms and conditions within the membership agreement on their behalf.

The membership agreement allows the abovementioned access and use Plus Fitness facilities as a paying member of the gym. Payment for this membership is made by way of direct debit from a nominated bank account. Payments will continue on a fortnightly basis until such time as written notice is given to the gym for these payments to cease, in line with the terms set out in the membership agreement.

I give full consent and authority for the abovementioned to attend the gym, to enter into the membership agreement and I accept full responsibility for their membership.

I am aware that by signing this form this affects my legal responsibilities.

In consideration of payment for participating in the activity (and except to the extent that the same may be precluded by statute) I agree to release and indemnify Plus Fitness and its Operators, Owners, Franchisees, Staff, Contractors and Franchisor as follows;

1. The abovementioned participates in the activities in the gym at their and my, own risk and responsibility.
2. I release, and hold harmless Plus Fitness, it's servants and agents, from and against all and any actions which may be made by me or on my behalf or by other parties for or in respect of, or arising out of injury, loss, damage or death caused to my child, my child's or my property whether by negligence, breach of contract or in any way what so ever.
3. I accept all responsibility for any injury, loss or illness that may arise from my child's use of the gym, classes or any other product or service used within the gym. I will not hold the gym responsible in any way.

I also agree that in the event that I or any children in my custody or on the premises of the gym are injured or my property is damaged, I will bring no legal claim or otherwise against Plus Fitness, it's servants and agents in respect of that injury or damage.

## Plus Fitness Children In the Gym Policy

### Junior (8-13 years old)

- No access card to be issued
- May only access the gym when 1 on 1 personal training with a qualified Plus Fitness Personal Trainer
- Parent or guardian must complete and sign a Parent/ Guardian Consent Form and Membership Agreement on site OR sign forms remotely and accompany these with a copy of photo identification.

### Youth (14 & 15 years old)

- Access card to be issued
- Only permitted to access the gym during staffed hours
- Parent or guardian must complete and sign a Parent/ Guardian Consent Form and Membership Agreement on site OR sign forms remotely and accompany these with a copy of photo identification.
- Member must attend a complimentary Fitness Assessment and program session on joining, prior to commencing exercising

### 16 & 17 years old

- Access card to be issued
- Parent or guardian must complete and sign a Parent/ Guardian Consent Form and Membership Agreement on site OR sign forms remotely and accompany these with a copy of photo identification.
- Member must attend a complimentary Fitness Assessment and programming session on joining, prior to commencing exercising

**Before signing this document, I have read and understood it and know my legal rights.**

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Relationship to Member: \_\_\_\_\_

Date: \_\_\_\_\_