

TOWN OF GORE BAY FITNESS CENTRE

Membership Application Form

Name: _____

Address: _____

Cell/Home Tel #: _____

Email: _____

Emergency Contact: _____

Phone Number: _____

Membership Fee:

- **Month: \$30 + HST (plus \$10 refundable fob deposit)**
- **Day use: \$10 + HST (plus \$10 refundable fob deposit)**

One month _____ Two months _____ Three months _____ Six months _____

Total paid by Cash _____ Cheque _____ Debit _____

*Cheques payable to ***Town of Gore Bay****

The Town of Gore Bay Fitness Centre is located at 1 Agnes Street Gore Bay.

I have read and agree to abide by the Town of Gore Bay Fitness Centre Rules and Regulations.

Signature: _____

2020 PAR-Q+

The Physical Activity Readiness Questionnaire for Everyone

The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

GENERAL HEALTH QUESTIONS

Please read the 7 questions below carefully and answer each one honestly: check YES or NO.

YES NO

- 1) Has your doctor ever said that you have a heart condition OR high blood pressure ?
- 2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?
- 3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months?
Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).
- 4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITION(S) HERE:
- 5) Are you currently taking prescribed medications for a chronic medical condition?
PLEASE LIST CONDITION(S) AND MEDICATIONS HERE:
- 6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it does not limit your current ability to be physically active.
PLEASE LIST CONDITION(S) HERE:
- 7) Has your doctor ever said that you should only do medically supervised physical activity?

If you answered NO to all of the questions above, you are cleared for physical activity. Please sign the PARTICIPANT DECLARATION. You do not need to complete Pages 2 and 3.

- Start becoming much more physically active – start slowly and build up gradually.
- Follow Global Physical Activity Guidelines for your age (<https://apps.who.int/iris/handle/10665/44399>).
- You may take part in a health and fitness appraisal.
- If you are over the age of 45 yr and NOT accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.
- If you have any further questions, contact a qualified exercise professional.

PARTICIPANT DECLARATION

If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community/fitness center may retain a copy of this form for its records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

NAME

DATE

SIGNATURE

WITNESS

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER

If you answered YES to one or more of the questions above, COMPLETE PAGES 2 AND 3.

Delay becoming more active if:

- You have a temporary illness such as a cold or fever; it is best to wait until you feel better.
- You are pregnant - talk to your health care practitioner, your physician, a qualified exercise professional, and/or complete the ePARmed-X+ at www.epafmedx.com before becoming more physically active.
- Your health changes - answer the questions on Pages 2 and 3 of this document and/or talk to your doctor or a qualified exercise professional before continuing with any physical activity program.

2020 PAR-Q+

FOLLOW-UP QUESTIONS ABOUT YOUR MEDICAL CONDITION(S)

- 1. Do you have Arthritis, Osteoporosis, or Back Problems?**
If the above condition(s) is/are present, answer questions 1a-1c If **NO** go to question 2
- 1a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO
- 1b. Do you have joint problems causing pain, a recent fracture or fracture caused by osteoporosis or cancer, displaced vertebra (e.g., spondylolisthesis), and/or spondylolysis/pars defect (a crack in the bony ring on the back of the spinal column)? YES NO
- 1c. Have you had steroid injections or taken steroid tablets regularly for more than 3 months? YES NO
- 2. Do you currently have Cancer of any kind?**
If the above condition(s) is/are present, answer questions 2a-2b If **NO** go to question 3
- 2a. Does your cancer diagnosis include any of the following types: lung/bronchogenic, multiple myeloma (cancer of plasma cells), head, and/or neck? YES NO
- 2b. Are you currently receiving cancer therapy (such as chemotherapy or radiotherapy)? YES NO
- 3. Do you have a Heart or Cardiovascular Condition? This includes Coronary Artery Disease, Heart Failure, Diagnosed Abnormality of Heart Rhythm**
If the above condition(s) is/are present, answer questions 3a-3d If **NO** go to question 4
- 3a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO
- 3b. Do you have an irregular heart beat that requires medical management? (e.g., atrial fibrillation, premature ventricular contraction) YES NO
- 3c. Do you have chronic heart failure? YES NO
- 3d. Do you have diagnosed coronary artery (cardiovascular) disease and have not participated in regular physical activity in the last 2 months? YES NO
- 4. Do you currently have High Blood Pressure?**
If the above condition(s) is/are present, answer questions 4a-4b If **NO** go to question 5
- 4a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO
- 4b. Do you have a resting blood pressure equal to or greater than 160/90 mmHg with or without medication? (Answer **YES** if you do not know your resting blood pressure) YES NO
- 5. Do you have any Metabolic Conditions? This includes Type 1 Diabetes, Type 2 Diabetes, Pre-Diabetes**
If the above condition(s) is/are present, answer questions 5a-5e If **NO** go to question 6
- 5a. Do you often have difficulty controlling your blood sugar levels with foods, medications, or other physician-prescribed therapies? YES NO
- 5b. Do you often suffer from signs and symptoms of low blood sugar (hypoglycemia) following exercise and/or during activities of daily living? Signs of hypoglycemia may include shakiness, nervousness, unusual irritability, abnormal sweating, dizziness or light-headedness, mental confusion, difficulty speaking, weakness, or sleepiness. YES NO
- 5c. Do you have any signs or symptoms of diabetes complications such as heart or vascular disease and/or complications affecting your eyes, kidneys, OR the sensation in your toes and feet? YES NO
- 5d. Do you have other metabolic conditions (such as current pregnancy-related diabetes, chronic kidney disease, or liver problems)? YES NO
- 5e. Are you planning to engage in what for you is unusually high (or vigorous) intensity exercise in the near future? YES NO

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- 6. Do you have any Mental Health Problems or Learning Difficulties?** This Includes Alzheimer's, Dementia, Depression, Anxiety Disorder, Eating Disorder, Psychotic Disorder, Intellectual Disability, Down Syndrome
If the above condition(s) is/are present, answer questions 6a-6b If **NO** go to question 7
- 6a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO
- 6b. Do you have Down Syndrome **AND** back problems affecting nerves or muscles? YES NO
- 7. Do you have a Respiratory Disease?** This Includes Chronic Obstructive Pulmonary Disease, Asthma, Pulmonary High Blood Pressure
If the above condition(s) is/are present, answer questions 7a-7d If **NO** go to question 8
- 7a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO
- 7b. Has your doctor ever said your blood oxygen level is low at rest or during exercise and/or that you require supplemental oxygen therapy? YES NO
- 7c. If asthmatic, do you currently have symptoms of chest tightness, wheezing, laboured breathing, consistent cough (more than 2 days/week), or have you used your rescue medication more than twice in the last week? YES NO
- 7d. Has your doctor ever said you have high blood pressure in the blood vessels of your lungs? YES NO
- 8. Do you have a Spinal Cord Injury?** This Includes Tetraplegia and Paraplegia
If the above condition(s) is/are present, answer questions 8a-8c If **NO** go to question 9
- 8a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO
- 8b. Do you commonly exhibit low resting blood pressure significant enough to cause dizziness, light-headedness, and/or fainting? YES NO
- 8c. Has your physician indicated that you exhibit sudden bouts of high blood pressure (known as Autonomic Dysreflexia)? YES NO
- 9. Have you had a Stroke?** This Includes Transient Ischemic Attack (TIA) or Cerebrovascular Event
If the above condition(s) is/are present, answer questions 9a-9c If **NO** go to question 10
- 9a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES NO
- 9b. Do you have any impairment in walking or mobility? YES NO
- 9c. Have you experienced a stroke or impairment in nerves or muscles in the past 6 months? YES NO
- 10. Do you have any other medical condition not listed above or do you have two or more medical conditions?**
If you have other medical conditions, answer questions 10a-10c If **NO** read the Page 4 recommendations
- 10a. Have you experienced a blackout, fainted, or lost consciousness as a result of a head injury within the last 12 months **OR** have you had a diagnosed concussion within the last 12 months? YES NO
- 10b. Do you have a medical condition that is not listed (such as epilepsy, neurological conditions, kidney problems)? YES NO
- 10c. Do you currently live with two or more medical conditions? YES NO

**PLEASE LIST YOUR MEDICAL CONDITION(S)
AND ANY RELATED MEDICATIONS HERE:** _____

GO to Page 4 for recommendations about your current medical condition(s) and sign the PARTICIPANT DECLARATION.

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 **If you answered NO to all of the FOLLOW-UP questions (pgs. 2-3) about your medical condition, you are ready to become more physically active - sign the PARTICIPANT DECLARATION below:**

-  It is advised that you consult a qualified exercise professional to help you develop a safe and effective physical activity plan to meet your health needs.
-  You are encouraged to start slowly and build up gradually - 20 to 60 minutes of low to moderate intensity exercise, 3-5 days per week including aerobic and muscle strengthening exercises.
-  As you progress, you should aim to accumulate 150 minutes or more of moderate intensity physical activity per week.
-  If you are over the age of 45 yr and **NOT** accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.

 **If you answered YES to one or more of the follow-up questions about your medical condition:**

You should seek further information before becoming more physically active or engaging in a fitness appraisal. You should complete the specially designed online screening and exercise recommendations program - the **ePARmed-X+** at www.eparmedx.com and/or visit a qualified exercise professional to work through the ePARmed-X+ and for further information.

 **Delay becoming more active if:**

-  You have a temporary illness such as a cold or fever; It is best to wait until you feel better.
-  You are pregnant - talk to your health care practitioner, your physician, a qualified exercise professional, and/or complete the ePARmed-X+ at www.eparmedx.com before becoming more physically active.

Your health changes - talk to your doctor or qualified exercise professional before continuing with any physical activity program.

- You are encouraged to photocopy the PAR-Q+. You must use the entire questionnaire and NO changes are permitted.
- The authors, the PAR-Q+ Collaboration, partner organizations, and their agents assume no liability for persons who undertake physical activity and/or make use of the PAR-Q+ or ePARmed-X+. If in doubt after completing the questionnaire, consult your doctor prior to physical activity.

PARTICIPANT DECLARATION

- All persons who have completed the PAR-Q+ please read and sign the declaration below.
- If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community/fitness center may retain a copy of this form for records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

NAME _____

DATE _____

SIGNATURE _____

WITNESS _____

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER _____

For more information, please contact
www.eparmedx.com
Email: eparmedx@gmail.com

Caution for PAR-Q+
Warburton DER, Jamnik VK, Bredin SSD, and Gledhill N on behalf of the PAR-Q+ Collaboration.
The Physical Activity Readiness Questionnaire for Everyone (PAR-Q+) and Electronic Physical Activity Readiness Medical Examination (ePARmed-X+). Health & Fitness Journal of Canada 4(2):3-23, 2011.

Key References

- Jamnik VK, Warburton DER, Makarski J, McKenzie DC, Shephard RJ, Stone J, and Gledhill N. Enhancing the effectiveness of clearance for physical activity participation; background and overall process. APNM 36(5):53-513, 2011.
- Warburton DER, Gledhill N, Jamnik VK, Bredin SSD, McKenzie DC, Stone J, Charlesworth S, and Shephard RJ. Evidence-based risk assessment and recommendations for physical activity clearance; Consensus Document. APNM 36(5):5266-5298, 2011.
- Chisholm DM, Collins ML, Kulak LL, Davenport W, and Gruber N. Physical activity readiness. British Columbia Medical Journal. 1975;17:375-378.
- Thomas S, Reading J, and Shephard RJ. Revision of the Physical Activity Readiness Questionnaire (PAR-Q). Canadian Journal of Sport Science 1992;17:4 338-345.

The PAR-Q+ was created using the evidence-based AGREE process (1) by the PAR-Q+ Collaboration chaired by Dr. Darren E. R. Warburton with Dr. Norman Gledhill, Dr. Veronica Jamnik, and Dr. Donald C. McKenzie (2). Production of this document has been made possible through financial contributions from the Public Health Agency of Canada and the BC Ministry of Health Services. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada or the BC Ministry of Health Services.

TOWN OF GORE BAY FITNESS CENTRE WAIVER & RELEASE FORM

BY AGREEING TO THE TERMS OF THIS
DOCUMENT YOU WILL WAIVE CERTAIN LEGAL
RIGHTS, INCLUDING THE RIGHT TO SUE
PLEASE READ CAREFULLY

You have agreed to purchase a membership at a facility that allows you access at any time. As such, you are aware that there will be **no supervision or assistance**. You are also aware that if you are injured, become unconscious, suffer a stroke or heart attack, that there will likely be no one to respond to your emergency and this facility has no duty to provide assistance to you. Even though this facility is equipped with surveillance cameras, it is likely that should you require immediate assistance, none will be provided. We **HIGHLY** recommend that you have a workout partner accompany you while at the Town of Gore Bay Fitness Centre (“**The Centre**”), but it is entirely up to you. **Initial** _____

Because physical exercise can be strenuous and subject to risk of serious injury, The Centre urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (each member, guest or participant) agree that if you engage in any physical exercise or activity, or use any of The Centre’s amenities on the premises or off premises including a sponsored club event, you do so **entirely at your own risk**. You agree that you are voluntarily participating in the use of this facility and **assume all risks** of injury, illness, or death. We are also not responsible for any loss of your personal property. **Initial** _____

This waiver and release of liability includes, without limitation, all injuries which may occur, regardless of negligence, as a result of; (a) your use of all amenities and equipment in the facility and your participation in any activity, class, program, personal training or instruction, (b) the sudden and unforeseen malfunctioning of any equipment, and (c) your slipping and/or falling while in the club premises, including adjacent sidewalks and parking areas. **Initial** _____

You acknowledge that you have carefully read this “waiver and release” and fully understand that it is a **release of liability**. You expressly agree to release and discharge The Centre, and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or causes of action. You agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against The Centre for negligence, personal injury or property damage. **Initial** _____

Note: Should any part of this agreement be found by a court of law to be against public policy or in violation of any state statute or case precedence, then only that wording is removed and the remainder of this agreement will remain in full force.

Surveillance cameras are located throughout The Centre and are monitored by Town staff on a regular basis.

Signed: _____

Printed Name: _____

Dated: ____ / ____ / ____

TOWN OF GORE BAY FITNESS CENTRE ETIQUETTE
DON'T BE THAT PERSON

1. For the safety of all users, please refrain from preventing or interfering in others use of the equipment.
2. Dress Code in Effect – All users should wear clean and appropriate apparel and foot wear, otherwise the access to, and use of the facility will be refused.
3. Personal hygiene should be observed. Wear clean clothes and indoor gym shoes at all times.
4. Smoking, eating, chewing gum and drinking (with the exception of water) is prohibited in the fitness centre at all times. Drinks must be in a re-sealable bottle.
5. Please comply with time restrictions on certain equipment. There is a 20 minute limit on cardio equipment. Allow others to use equipment in between sets.
6. Always ask before using a machine or piece of equipment.
7. Please carry your own sweat towel. Sweat should promptly be wiped off the machines. Disinfectant wipes have been placed on the wall in the centre for this purpose. Kindly remember to deposit the wipes in the garbage receptacles throughout the centre.
8. Equipment must be returned to their original place immediately after use. Do not leave weight plates on the bars, or scattered on the floor.
9. Do not drop or bang weights on the floor. Individuals may be charged for damages due to carelessness.
10. Do not block a person's view of the mirror.
11. Absolutely no photos are allowed in change rooms.
12. Keep conversations and noise to a minimum. Refrain from talking on cell phones.
13. Learn to share. Do not occupy multiple pieces of equipment.
14. Respect other people's personal space. Stay out of a lifters area.

TOWN OF GORE BAY FITNESS CENTRE RULES AND REGULATIONS

- 1. The Town of Gore Bay Fitness Centre is open 24 hours.**
- 2. Users affirm they are in good physical condition to exercise and those unaccustomed to exercising are recommended to seek the advice of a medical professional before engaging in physical activity. Users who feel unwell while using the fitness centre should stop the activity immediately. The Town of Gore Bay is not responsible for any injury that may occur to individuals participating in any exercise activity.**
- 3. The Town of Gore Bay reserves the right to suspend the use of the fitness centre at any time for the organization of private classes and activities or for the arrangement of maintenance or cleaning without prior notice.**
- 4. Winter boots must be taken off upon entering the facility. Personal items such as coats or bags are not permitted in the work out area. Lockers are available for your use. Locks left on will be cut off.**
- 5. Guests are not permitted to use the fitness centre except with prior approval from the fitness centre administration. No casual observers are allowed without permission of gym administration. For safety reasons, absolutely no children (15 years and under) are allowed in the fitness centre. You must have your card on you at all times. Bringing in unauthorized guests will result in loss of privileges.**
- 6. Private coaching/teaching, assessments and other related activities require prior authorization from the fitness centre administration.**
- 7. Members are not permitted to bring in their own equipment.**
- 8. Users are responsible for their own property and safety. The Town of Gore Bay is not responsible for lost or stolen items.**
- 9. Chalk is not permitted or any use of powders.**
- 10. Use collars on all bars at all times.**
- 11. Do not use any faulty equipment. Please report any defects or faults immediately to the fitness centre administration.**
- 12. Fitness centre administration reserves the right to amend these rules and regulations without prior notice.**
- 13. Failure to comply with the above rules may result in the loss of fitness centre privileges.**