

**Application for Lamphey Court Spa & Health Club Membership**  
**All details & information herewith valid from 11<sup>th</sup> February 2022 onwards**

**Personal Details**

Title: Mr/Mrs/Miss/Ms  
Surname: \_\_\_\_\_ Forename(s): \_\_\_\_\_  
Address: \_\_\_\_\_  
Town/City: \_\_\_\_\_  
Post Code: \_\_\_\_\_ E-Mail: \_\_\_\_\_  
Mobile No: \_\_\_\_\_ Work No: \_\_\_\_\_  
Home No: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Occupation: \_\_\_\_\_ Employer: \_\_\_\_\_

**Corporate Memberships Only**

Corporate Group: \_\_\_\_\_  
Address: \_\_\_\_\_  
Post Code: \_\_\_\_\_ Work Tel: \_\_\_\_\_ Other \_\_\_\_\_  
Tel: \_\_\_\_\_  
Email: \_\_\_\_\_

Type of Membership Applied for: \_\_\_\_\_

If joining as a couple, please specify who with: \_\_\_\_\_

**Couples must reside in the same home** (proof of this needed on application: eg. Utility bill of joint bank account statement)

Payment type: \_\_\_\_\_

- I hereby apply for membership of Lamphey Court Spa & Health Club commencing on:
- I agree that all parties named in this application form have read, understood and agreed to abide by the Lamphey Court Spa & Health Club rules and any amendments brought to our attention during membership.
- As parent/guardian of the above named in this application, I agree to ensure that they will abide by the Lamphey Court Spa & Health Club rules.

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

How did you hear about the Lamphey Court Hotel & Spa?

Member referral  Members Name: \_\_\_\_\_

Medical referral  Advertisement  Hotel  Phone Book  Other  Please State Below.

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Amount Paid: \_\_\_\_\_ Method of payment: Cash  Card  Direct Debit   
Staff Name: \_\_\_\_\_ Staff Signature: \_\_\_\_\_

Date of induction carried out: \_\_\_\_\_ Instructor: \_\_\_\_\_

*We are registered under the data protection act and all personal information held by us on computer, is held in accordance with our registration. Lamphey Court Spa & Health Club may contact you with offers or pass on your information to their group companies and approved by third parties who may also contact you with special offers of goods, services or forthcoming events / promotions which may interest you. Please tick if you do not wish your information to be used in this way.*

*All information given is voluntary. You have the right to apply for a copy of this information.*

### **Physical Activity Readiness Questionnaire**

Your safety, and the benefit of regular exercise, is very important to us. For this reason we wish to establish your current health status prior to exercise. The questions below are designed to identify those persons who should obtain advice from our in-house Leisure Team before commencing exercise.  
All questions to be answered.

**Part 1 – Please ticks the relevant boxes for all the questions below.**

1. Do you suffer from a heart condition?
2. Have you ever had chest pain brought on by physical exertion?
3. Have you suffered from chest pain lasting for more than 60 seconds while at rest?
4. Do you ever suffer from dizziness, vertigo or loss of consciousness brought on by physical exertion?
5. Have you been diagnosed with Osteoporosis or Osteoarthritis?
6. Have you ever taken medication for blood pressure or a heart condition?
7. Do you have high blood pressure?
8. Do you suffer from breathlessness or wheezing when at rest or after slight physical exertion?
9. Are you aged 65 or over, and unaccustomed to regular exercise?
10. Do you suffer from back pain brought on by exercise?

11. Are you currently pregnant?

12. Are you diabetic?

13. Do you suffer from Epilepsy?

Next of Kin: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home Tel: \_\_\_\_\_ Mobile Tel: \_\_\_\_\_

If you have answered 'YES' to one or more questions in Part 1, we will be required to seek guidelines from the Leisure Team prior to commencing exercise.

## **TERMS & CONDITIONS OF MEMBERSHIP**

### **1. DEFINITIONS**

- a) Application Form – The membership application, direct debit instruction, the activity readiness questionnaire and the club rules.
- b) Children – People under 16 years of age that need to be accompanied by an adult member.
- c) The Club Rules – The conditions set out together with the application form and any other rules which may apply by law.
- d) Physical Activity Readiness Questionnaire – You must fill in the physical activity readiness questionnaire before using any facility of the club. Certain medical conditions may mean you need a medical referral and a specific exercise programme before we can give you full membership.
- e) Fees – We have several categories of fees;
  - Members are only able to bring guests with them on Bring A Friend Friday. This is only on every Friday and a charge of £12.50 per guest.
  - Annual members are given 5 x 'Complimentary pass' cards to use during their membership-year, these are physical passes that must be handed in each time they wish to be used.
  - Monthly Membership Fees – The fees you must pay each month by direct debit for the month ahead.
  - Corporate Contract - Business to business. Contract by negotiation.
  - Minimum Notice Period – You must give one full calendar months' notice if you want to cancel your membership with us. The Club will confirm this and advise you, if applicable, when your final direct debit will be made and the amount payable.
- f) Members – People we accept to become a member.
- g) Joint members must be of the same household address. Proof must be provided when applying (eg. Utility or bank account)

### **2. CLUB RULES**

- a) A copy of the rules is displayed at the Spa area.
- b) If we are going to temporarily change the club rules, we will display any amendments in reception. We will only make permanent changes after giving you at least one months' notice. You may cancel your membership if these changes are unacceptable. You must give us the minimum notice period (see section 1, paragraph e).
- c) When you sign the application form, you are agreeing to pay the fees and keep to the club rules.
- d) We may sell or transfer the benefit of our agreement with you, or the ownership of the club, to another person, firm or company at any time without giving you prior notice. Your membership of the club will continue to be valid, and we will try to give you notice if possible.
- e) If you are found to have broken the club rules you will be given a verbal warning by a member of staff. Continuous disregard for club rules will result in your membership being terminated and you will be banned from the premises.

### **3. IMPORTANT: ABOUT YOUR MEMBERSHIP**

- a) We may end your membership without notice if you repeatedly or seriously break the club rules. We will not tolerate rude or abusive behaviour towards our staff – any instances may mean immediate termination of your membership.
- b) If your Direct Debit is rejected three times in a row, we will cancel your membership. If you would like to reinstate your membership, you will have to pay the Direct Debits which were rejected plus refill an application form and await approval from management.
- c) Membership fees are subject to periodic increases (normally annually).

### **4. YOUR MEMBERSHIP BAND**

- a) To access the facilities, you will need a band which requires a £10 deposit. This is refunded to you upon termination of your membership. You must present your membership band upon entry to the leisure facilities. If you forget your band, we will need to see proof of identity. No ID means strictly no entry. If you have lost your band, we will charge you £10 for a replacement.
- b) Your membership applies to you only and you cannot loan or transfer it to another person.
- c) If you give your membership band to someone else to use for them to avoid paying for a membership, your membership will be terminated immediately with no refunds.

**5. SUSPENDING YOUR MEMBERSHIP**

- a) You may suspend your membership for no more than 6 months (we can only suspend your membership from the 1<sup>st</sup> of the month).
- b) We cannot suspend membership retrospectively. In other words, you cannot ask us to suspend your membership for a period which has passed when you did not visit and use the facilities for any reason.
- c) If you want to suspend your membership, please liaise with the club manager. Please note it as at the Spas discretion to approve or disapprove of membership suspension.

**6. IF YOU CANCEL**

- a) If you want to cancel your membership, please give one calendar months' notice to one of our Spa Team or management. This needs to be done in person and confirmed with the Spa Team. Please refer to the clauses in relation to the notice you must give.
- b) If one person who has joint or corporate membership cancels or suspends, the other person's membership will change over to the individual rate.
- c) If you cancel your membership to receive your £10 deposit you must return your membership band to the spa reception.

**7. GUESTS**

- a) **Strictly no guests allowed\*. Only fully paid Members, residents of the hotel or individuals attending a Spa or Hairdressing appointment are able to enter the facilities. \* Members may bring a guest into the Club on Bring A Friend Friday. This is only every Friday and at a charge of £12.50 per guest.**

**8. BEHAVIOUR**

- a) You must wear appropriate clothes and shoes in the gym. In the interest of health and hygiene, you must shower before entering the pool, Jacuzzi, steam room and sauna.
- b) **You must not:**
  - Abuse the equipment or facilities of the club (you will have to pay for any negligent or deliberate damage to club property).
  - Behave in a violent or rude manner or in a way which offends, distresses, or annoys anyone else.
  - Smoke in any part of the club.
  - Bring alcoholic drinks, drugs or mood-altering substances into the club.
  - Use facilities of the club whilst under the influence of alcohol, narcotics or mood-altering substances.
  - Drink alcohol in areas other than those allowed by the club.
  - Bring food into the club.
- c) We can refuse admission or ask you and/or your guest to leave the club if we reasonably believe that you or they have broken any part of section 9, paragraph b.
- d) The club manager can decide who becomes a member.

**9. DISCLAIMER**

- a) In the case of loss or damage of personal property, our liability is limited to a reasonable amount having regard to such factors as whether the damage/loss was due to negligent act or omission by us.

**10. OTHER**

- a) We can;
  - Change, withdraw or add to these rules (see section 2.b if you are unhappy with any changes of these rules).
  - Change the operating hours of the club.
  - Change certain facilities temporarily for decorating, cleaning, essential repairs or maintenance of equipment and special events.
  - Refuse to rebook an appointment for you if you repeatedly cancel.
  - Show new members and other individuals the facilities of the club as needed.
  - Use any photographs of members or residents for promotional purposes, excluding infants/children.
- b) Where lockers are provided for rental, we may remove any items you leave in lockers overnight. Contents held for 2 weeks for safe keeping for security purposes
- c) We will not allow photography within the health club unless you request permission beforehand.

I confirm that I have received a copy of the current terms & Conditions and the current rules of the club and have read them and agree to abide by them.

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

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

Name (please print):  
\_\_\_\_\_

**Our Spa & Health Club facilities are here for you to relax, enjoy, unwind & ultimately take good care of yourself.**

**Please behave respectfully & treat yourself, others & our staff kindly at all times**

### **SPA ETIQUETTE**

- All members must return the signed and dated induction form before using the Health Club facilities
- All members must produce your membership band at reception before using the Health Club facilities
- All bags and belongings must be kept in lockers provided in changing rooms
- Lockers must be emptied daily, and not kept by members overnight.
- Suitable sports exercise clothing must be worn at all times whilst exercising
- Appropriate footwear must be worn at all times (no flip flops in the gym.)
- Junior members (under 16) must be accompanied by an adult whilst using the spa facilities
- Under 14's are NOT permitted to use the Sauna, Steam Room or Jacuzzi facilities
- Members must wipe down any equipment that has been used in that session
- Ensure that you shower after your training session if you intend on using the wet spa area
- Members are to ensure they shower between using the Sauna/Steam Room and Pool/Jacuzzi.

