

Coolderry Gym Application Form

Name: _____

Mobile: _____

I have a Smart Phone (Circle answer) – Yes – No

We hope to set up a WhatsApp Group to facilitate communication with everyone

Email: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Do you have any medical condition, or take any specific medication, which you think Coolderry GAA Gym Committee should be aware of? (Circle answer) Yes - No
If yes please specify

I hereby apply to Cúl Doire C.L.G for Membership of the Gym and I subscribe to and agree to abide by the Rules and Conditions of Use of the Gym

Signature: _____ Date: _____

Membership Fee:

- Gym membership requires that you are a member of the Coolderry GAA Club. This is a requirement to comply with insurance requirements. The total membership per person per year for club and gym per annum is €120. This is comprised of €110 membership fee and €10 fob fee.
- A replacement fob will result in an additional cost of €10.
- All members are required to complete a Gym Introductory Programme. This has a cost of €30 per person and is paid directly to the Instructor (Julie McGuire – 087 9437310)
- Access to the Gym (provision of fob) will be provided upon
 - Completion of application form
 - Payment of full membership fee or confirmation that Direct Debit Payment in place¹
 - Completion of Gym Introductory Programme
 - Receipt of Gym Programme Report from Instructor

Date Application Form Received	
Date Instructor Report Received	
Date Payment Received	
Date Fob Provided	
Fob/Membership Number	

¹ Those who wish to pay their membership fee via instalments should contact the Club Treasurer.

USE OF GYM RULES

- * **MEMBERS ONLY** – all members must complete a fitness induction before using the Gym
 - * **USE THE EQUIPMENT PROPERLY** - Misusing equipment will lead to injury / damage the equipment; follow directions / instructions of use. Contact Fitness instructor if you require clarification.
 - * **AGE RESTRICTION** - Only persons 16 and over are permitted to use the Gym Facility
 - * **AGE RESTRICTION** – Persons aged over 16 & under U18 can only use the gym as part of an official supervised training session.
 - * **CLEAN THE MACHINE YOU USE** – Please respect other users. Carry a towel and clean down equipment after use
 - * **PICK UP AFTER YOURSELF** - If you move equipment put it back where it belongs. Place rubbish in the bins provided and remove personal items from the facility
 - * **PERSONAL BELONGINGS** – Members are responsible for their own belongings and valuables should not be left in the Gym or changing facilities
 - * **PROPER HYGENIE REQUIRED** – wear clean clothes while working out.
 - * **FOOTWEAR** - Closed Top athletic shoes required. NO dress shoes, boots or sandals permitted
 - * **NO GLASS CONTAINERS** - Only Plastic Drinks Containers
 - * **NO SMOKING / CHEWING GUM OR FOOD PERMITTED**
 - * **Priority** of use of the GYM will always be given to club activities. – Timetable weekly
- COOLDERRY GAA CLUB TAKE NO RESPONSIBILITY FOR ANY INJURY SUSTAINED OR PROPERTY LOST
WHILST USING THIS FACILTY ANY QUERIES TO THE SECRETARY @087 2487867**