



## Choose your rank:

|                 |           |           | Discounts | Rank Badge | Water bottle |
|-----------------|-----------|-----------|-----------|------------|--------------|
| Rank            | Per Month | Sessions  |           |            |              |
| Private Soldier | £24       | 4         | ✓         | ✗          | ✗            |
| Corporal        | £32       | 8         | ✓         | ✓          | ✗            |
| Sergeant        | £38       | 12        | ✓         | ✓          | ✗            |
| Sergeant Major  | £48       | Unlimited | ✓         | ✓          | ✓            |

*(please tick membership required)*

PRIVATE   
  CORPORAL   
  SERGEANT   
  SERGEANT MAJOR

## Your details

|                                   |  |
|-----------------------------------|--|
| Title:                            |  |
| First Name                        |  |
| Surname                           |  |
| Address                           |  |
| Town                              |  |
| County                            |  |
| Postcode                          |  |
| Primary contact telephone no:     |  |
| Secondary contact telephone no:   |  |
| Email address*                    |  |
| <b>Emergency contact details:</b> |  |
| Name:                             |  |
| Telephone:                        |  |

\*MY/PT members also benefit from Betteshanger Park membership. Your email address will be added to the Betteshanger Park mailing list to ensure you are kept up to date with the latest activities at the Park. You will be able to unsubscribe from the mailings should you wish.

## Vehicle details

Your membership entitles you to free parking at Betteshanger Park. We need to register your vehicle details to facilitate this.

|                     |  |
|---------------------|--|
| Make                |  |
| Model               |  |
| Registration number |  |

## About you

|   |  |
|---|--|
| Date of Birth:  |  |
| Height:   |  |
| Body Weight:  |  |
| How did you hear about MY/PT?                         |  |
|   |  |
| Please let us know your goal, or reason for training: |  |
|   |  |
| How often do you exercise?                            |  |
|   |  |
| When was the last time you regularly exercised?       |  |
|   |  |
| How would you describe your current fitness level?    |  |
| 1 2 3 4 5 6 7 8 9 10                                  |  |
| (Please circle: 1 = unfit; 10 = very fit)             |  |



**My PT Ltd Medical Questionnaire**

|  |  |
|--|--|
| Name of person partaking                                   |  |
| Date of Birth  |  |
| Parent/Guardian Name<br>(to be filled if user is under 18) |  |
| Emergency Contact Name & Number                            |  |

**All information on participants will be kept in the strictest of confidence and adhere to Data Protection Laws.**

Please read the following questions carefully and state **YES** or **NO**. If you state yes, please expand and give detail.

| Question  | Yes / No | Details (if answered yes) |
|---|----------|---------------------------|
| Do you suffer from any known heart conditions?  |          |                           |
| Have you ever suffered from pains in the chest/heart or shortness of breath?            |          |                           |
| Do you often feel faint or suffer from dizziness?                                       |          |                           |
| Do you suffer from high blood pressure?   |          |                           |
| Do you suffer from bone or joint problems?  |          |                           |
| Do you suffer from any muscle issues?   |          |                           |
| Are you currently taking any medication?  |          |                           |
| Do you suffer from asthma?  |          |                           |
| Do you suffer from Diabetes?  |          |                           |
| Do you currently have any disability which requires accommodation to particular needs?  |          |                           |
| Is there any reason, not mentioned above, why you should not partake in the activities? |          |                           |

If you answered No to all the questions above, it can be assumed that the person partaking is ready to begin the activities. However, the fact No has been answered to all questions, is no guarantee that you will have a normal response to the exercise. If Yes was answered, then written permission may be needed from a doctor before undertaking the obstacle course.

“To the best of my knowledge the above medical questionnaire has been completed as accurately as possible to ensure the best information is given to My PT Ltd.”

Participant Signature ..... Date .....

Parent/Guardian Participant .....



## Disclaimer

I understand that participation in training, fitness sessions and other activities with MYPT involves a certain degree of risk and can be physically, mentally, and emotionally demanding or can even lead to death. I also understand that participation in these activities is entirely voluntary and requires participants to abide by applicable rules and standards of conduct.

### Risk Factors

Based on the vast experience (SAMS) Safety and Management Solutions Ltd and MYPT Ltd have identified the following risk factors that may limit your participation in training.

- Excessive body weight
- Heart trouble or Heart disease (e.g., CHF, CAD, MI)
- Stroke/TIA
- Hypertension (high blood pressure)
- Diabetes
- Epilepsy or Seizures
- Lung/respiratory disease
- Asthma or breathing problems
- Allergies/anaphylaxis
- Fainting spells or dizziness
- Muscular/skeletal injuries
- Psychiatric/psychological and emotional difficulties
- Under the influence of Drugs and Alcohol

If you have any of the above conditions we recommend that you seek the advice of your medical doctor before starting training. If you choose to train then when knowing you have a medical condition then this is your personal choice and responsibility. Similarly, if at any stage your details change, then it is your responsibility to complete a new form, which are available on [request](#).

### Known Risks From Training Include

- Injury from dropping weighted items such as logs, tyres or containers. Injury from walking, running, crawling and barehanded i.e. sharp objects, needles, glass, metal.
- Injury from climbing on trees and boulders and obstacles.
- Injury from throwing, catching, lifting, pulling, pushing – branches, logs, stones and boulders.
- Injury/illness from water immersion.

**Cuts and open wounds** If you cut yourself during training with a sharp or unknown object it is recommended that you have a tetanus jab. Tetanus is caused by infection with Clostridium Tetani bacteria. These bacteria can enter your body through a wound or cut in your skin. They are often found in soil and manure. Similarly, you are at risk if you arrive at training with an existing cut or open wound. For more information visit the [NHS website](#).

## **Disclaimer**

- I am aged 16 or over or training with a responsible adult.
- I understand that all activities undertaken at MYPT Betteshanger Park are physically and mentally challenging and there is risk involved. This includes but is not limited to water based and other obstacles, surface, trip, slip and eye hazards, and a risk of falling from height.
- Although the MYPT training facilities has strict safety standards and is risk assessed, the risk of serious injury or death associated with MYPT cannot be totally eliminated. Therefore I understand that participation in activities and the use of facilities at MYPT is entirely at my own risk. Furthermore I understand it's my responsibility to only attempt an obstacle or training if it's safe to do so and is within my capabilities.
- I am fit and well and not on any medication of any sort that would impede me taking part in the activity/event and if I am I have sought medical advice from my doctor before taking part and made MYPT aware.
- I will comply with all instructions given to me by the Instructors, organisers, employees and volunteers of MYPT and will use equipment correctly and as directed (if necessary) so as not to hurt or injure anyone.
- I understand that MYPT reserves the right to cancel or modify any activity/event if MYPT feels such conditions would otherwise create an unsafe environment.
- I agree that MYPT are not responsible for any personal items or property that is lost or stolen at MYPT.
- I give permission to the MYPT to use my photo and/or any other record of my participation at MYPT for any legitimate purpose. I understand that all likenesses of me captured during the training sessions by the organisation or staff shall become the sole property of the organiser.
- I understand that MYPT takes no liability or responsibility for any mistakes, errors or inaccuracies made by participants.
- Members Guests. If you wish to bring guests i.e. family members, colleagues or children along then it is hereby agreed that you will be fully responsible for their care and supervision at all times as there is a risk of injury, accident or possibly death of your guests. If not signed in on a day pass or membership then they are not to use the gym, apparatus, obstacles or trails. If you personally are not able to supervise them, then you will make sure that another suitable adult will be available to take on this responsibility. At no times are a member of the MYPT instructors or Staff able to take on such responsibility. Similarly the management will not be responsible for any loss or damage to their personal possessions, valuables or vehicles.
- In case of an emergency involving me, I understand that every effort will be made to contact the individual listed as the emergency contact person. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the instructor in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me. Medical providers are authorized to disclose protected health information to the instructor in charge and/or

any physician or health care provider involved in providing medical care to the participant.

- I release MYPT, (SAMS) Safety & Management Solutions Limited, the landowner, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all claims or liability arising out of this participation.
- I hereby assign and grant to MYPT, (SAMS) Safety & Management Solutions Limited the right and permission to use and publish the photographs/ film/videotapes/electronic representations and/or sound recordings made of me at all training activities, and I hereby release (SAMS) Safety & Management Solutions Ltd, the landowner, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication.
- I hereby authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/ film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of (SAMS) Safety & Management Solutions Limited and I specifically waive any right to any compensation I may have for any of the foregoing.

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

Signed: \_\_\_\_\_

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



# Membership Terms and Conditions

By becoming a member your membership is subject to the following terms.

## 1. Membership

*Day Pass & Class Passes* – These passes are just for that one class/session or day as per the pass.

*Monthly Memberships* – Your membership will start from the date that you make payment. You are required to bring your membership confirmation to every class. Your membership will continue automatically thereafter for the entire term of your membership unless you serve notice as per clause 7. The minimum term is for the duration of the membership. Thereafter

## 2. Changes to session timetable

Our timetable is constant throughout most of the year. However, we do make changes in our timetable in line with the seasonal clock changes at the end of March and the end of October. Where possible we will endeavor to give you at least 30 days' notice of any changes to your timetable.

Due to unforeseen circumstances, it may be necessary to make changes although in some cases temporary i.e. maintenance work in the parks.

## 3. Membership fees

**Initial Payment** – Due to the nature of Direct Debits, we will require your first monthly payment upon registration by Cash, BACS or Bank Transfer.

**Memberships** – Are to be paid monthly in advance by direct debit. Payments will be in synch with the day of the month the membership started i.e. if you purchased your pass on 14 February then the direct debit will normally come out of your account within 7 working days i.e. 21st-23rd February. All future direct debits will be collected on the 21st-23rd of each month. All payments are to be made by direct debit or credit card regular payment ONLY.

## 4. Late or unpaid membership fees

All payments must be made by direct debit. If payment is not received or is late you will be liable to pay a non-payment charge of £25. We will notify you by email. Full payment will be

payable until notice to cancel has been served in line with clause 7. Attendance to class will not be permitted until all arrears have been settled.

If you are paying by direct debit, your signature on the credit-card or debit-card form authorises us to use that card to take the monthly payment if we do not receive your direct-debit payment for any reason. If you are in arrears with your membership fees and this is not due to a bank error, we may charge reasonable administration fees or suspend or cancel your membership.

If we do not receive full settlement of the fees by the due date we reserve the right to instruct a debt collection agency to register the debt against you and to collect the full payment. It is agreed that you will be responsible for paying all debt collection costs and interest for the amount overdue and those for the remaining term of the membership, or if the initial membership term has expired then the notice period thereafter.

## **5. Membership Terms & condition and Fee changes**

We reserve the right to change our terms & conditions or fees by serving no less than 30 days' notice.

## **6. Suspending your membership**

Your membership has a minimum term as stated in clause 1. During the minimum term you can only suspend your membership if you have a medical condition that stops you attending sessions. In order to qualify:

(I) You will be required to provide a doctor's certificate that states, that due to your medical condition you are unable to attend training sessions.

(ii) Suspension must be for a minimum of 1 month and up to 12 months commencing from the renewal date of the following month i.e. if your membership started on 23 February and you want to suspend your membership it can only be from 23rd of the following month.

(ii) Give a minimum of 5 working days' notice before the end of a month i.e. based on the above example on the 18 June, otherwise it will be from the 23rd of July being the following month. This notice period is only valid once you have received written notification from R4C Health Solutions Limited confirming that they have received your notice.

## **7. Cancellation of your membership**

Your membership has a minimum term as stated in clause 1. During the minimum term you can only cancel your membership on the following basis:

### **(a) Medical Condition**

(I) You have a medical condition that stops you attending sessions for the remaining period of the minimum term. In order to qualify you will be required to provide a doctors certificate that states, that due to your medical condition you are unable to attend training sessions for the remaining period of your minimum membership term.

(ii) You give a minimum of 5 working days' notice before the end of a month, i.e. based on the above example on the 18 June, otherwise it will be from the 23rd of July being the following month. This notice period is only valid once you have received written notification from MYPT Limited confirming that they have received your notice.

(b) Expiry of your minimum membership term i.e. Monthly Memberships.

(I) If you notify us during your minimum membership term, your membership will finish at the end of that month or upon the expiry of the minimum term whichever is later. In order to cancel you are required to give a minimum of 5 working days' notice before the end of your minimum membership term, otherwise your membership will not terminate until the end of the following month.

**Monthly Membership Example** – If you take out a Monthly Membership on the 23 February and you decide not to renew it, then you need to give notice no later than the 18 March, otherwise your membership will not terminate until 22nd April.

This notice period is only valid once you have received written notification from MYPT Limited confirming that they have received your notice.

## **8. Changes to MYPT**

If for any reason we are required to change or move our training venue we will give you as much notice as possible. Under such circumstances your membership will be re-allocated to an alternative venue.

## **9. MYPTs right to cancel your membership**

We will have the right to cancel your membership without notice on the basis:

- Break these terms and conditions
- If you behave in such a way that puts the safety, health or wellbeing of other members, instructors at risk
- If you are violent or abusive to any other members, instructors or MYPT users.
- You do not follow the safety instructions instructors.
- Act in a malicious or derogatory way against our company, members or instructors in any form of electronic communication including social media networks.
- Allow another person to use your membership to attend a session.
- If you have given false or misleading information on your application or fitness and health forms.

## **10. Complaints procedure**

We consider a complaint to be any expression of dissatisfaction with a service provided by MYPT. This dissatisfaction might arise from the actions of a member of staff, or from an instructor.

We try to resolve as many of these complaints as possible within 7 days of written notification.

If you have a complaint we wish to know, as we would like to address all matters to our best ability. Please forward all complaints by email to [info@myphysicaltraining.co.uk](mailto:info@myphysicaltraining.co.uk)

## **11. Theft, loss, damage or injury**

### (a) Theft , loss or damage

It is your responsibility for theft, loss or damage to any of your kit, equipment or valuables that you bring to a training session. There is no storage facility for your possessions or valuables and therefore you are requested to keep them on you or in your rucksack on your back at all times. Please be aware you are training in a public country park and there may be pickpockets and other opportunists.

We are not legally responsible and neither are your co-members for any possessions you lose or that are damaged or stolen by anyone unless we have been negligent. If you experience any theft, loss or damage at one of our sessions you must report this to the instructor straight away.

### (b) Injury

You have agreed that by participating in this form of training has its risks and you have agreed to the risks as detailed in the [Disclaimer document](#).

In the case of an injury it is your responsibility to make sure that:

(I) You inform your instructor at the beginning of your training session that you have an injury or illness that will or possible will affect your training.

(ii) You do not undertake any exercise or training if you are injured or ill. If you choose to disregard medical or your instructors advise then you agree to be personally responsible for exasperating or worsening or causing further injury.

(iii) If you injure yourself during training that you notify your instructor immediately and where necessary your co-members. YOU will be required to complete an injury/accident form before the end of the training session.

(iv) If you realise after your training session that you have an injury you are required to provide written notification to MYPT Limited within 5 days of the injury.

(v) You seek immediately medical attention from your doctor or hospital.

(vi) If you cut yourself during training with a sharp or unknown object it is recommended that you have a tetanus jab. Tetanus is caused by infection with Clostridium Tetani bacteria. These bacteria can enter your body through a wound or cut in your skin. They are often found in soil and manure. Similarly, you are at risk if you arrive at training with an existing cut or open wound. For more information visit the [NHS website](#).

## **12 . Your personal data**

It is your responsibility to keep us informed of change in your personal data that you gave us on your membership form and health and fitness form.

All data we hold is confidential and is kept in accordance to the data protection Act 1998.

You are responsible for informing us about any changes to your personal information