



**GYM/HEALTH CLUB MEMBERSHIP FORM**

Title:	Mr.		Mrs.		Miss.		Dr.		Prof.	
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Full Name: .....

Parentage: .....

Residential Address: .....

Designation: .....

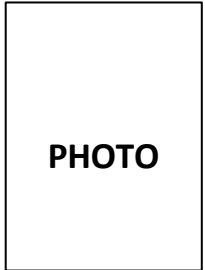
Contact No: (M): ..... Age: ..... Sex: .....

E-mail: .....

Department: .....

Gym Training Session: Morning  Day  Evening

Please read all questions carefully and answer them honestly by circling Yes  or No (X)



❖ Do you have or ever had any of the following ailments? (Please tick mark):

- Cardiac Problem      Stroke      Diabetes      Epilepsy      Heart Murmur
- Dizziness      Fainting      Chest Pain      High Blood Pressure

❖ Do you ever have any of the following health issues? (Please mention)

1. On medication-----
2. Hospitalized -----
3. Major or minor surgery -----
4. Are you expecting or in post-delivery period ----- ?

❖ Do you smoke -----

❖ Do you experience any pain or major injuries in the following areas?

❖ (Please tick mark):

- Neck      Knees      Back      Ankles

Seal & Signature of the concerned H.O.D -----

Name: ----- Signature: -----



**Membership Terms & Conditions**

Please read terms and conditions of membership before you fill in the membership form. If you need any guidance regarding any membership details, please don't hesitate to contact the Directorate Office.

A person desiring to seek membership in the Health Club/Gym should complete the general membership form to be submitted accompanied by two recent passport size photographs. Right of registration is strictly reserved by the Directorate of Physical Education & Sports.

1. To avail Gym facility each member must submit one-time registration in the bank account:

Account No:0693040520000051

Account Name: DPE&S

IFSC Code: JAKA0ECIUST

JK Bank IUST Awantipora.

The Registration fee and monthly fee details are given below:

	<b>Registration Fee</b>	<b>Monthly Fee</b>
<b>Employees</b>	Rs. 1000	Rs. 300
<b>Students</b>	Rs. 500	Rs. 150

2. There will be 45 minutes' training duration for each member (Student & Staff)
3. Members will use the Gym equipment carefully and keep the same in its proper place after use.
4. Any loss or damage to the equipment/interiors, if caused, will have to be borne by the member of the person concerned.
5. Membership is not transferable.
6. Articles like watches, wallets, mobile phones and other personal belongings to be kept in the Gym are at owner's risk.
7. A member found misbehaving or misusing the facilities will be struck off the rules forth with.
8. Smoking or use of any drug is strictly prohibited in the Gym premises. Violations will incur cancellation of membership.
9. The Directorate of Physical Education and Sports will not be held responsible for injury/death caused during workout/training in the Gym premises.
10. Appropriate dress code and footwear must be worn whilst in Gym.
11. Use of mobile phones, ointment, oil is strictly prohibited.
12. Registration will be deemed cancelled in case of 2 months break. He or She has to re-register again to avail themselves of the same facility.

Upon signing the membership form, the member will accept and shall be bound by the above terms & conditions relating to membership. The purpose of terms, conditions and rules are to ensure that the members should use this information as a guideline to the limitations of ability to exercise and to maintain sanctity of the Health Club/Gym.

The hard copy of the Membership Form completed in all respects and duly signed by concerned H.O.D / Controlling Officer shall be submitted in the Office of the Directorate of Physical Education and Sports IUST.

Name\_\_\_\_\_

Signature\_\_\_\_\_