

# Spa & Leisure @TheFalmouth

## 2019 Memberships

Please circle your chosen Membership

Gold Memberships	Single Membership	Joint Membership	Unlimited Usage	15% discount off Spa Treatments at the Falmouth	10% discount off food and drink
01 Month paid in advance	£35.00	£60.00	✓	✓	✓
03 Months paid in advance	£95.00	£160.00	✓	✓	✓
06 Months paid in advance	£180.00	£300.00	✓	✓	✓
12 Months paid in advance	£350.00	£570.00	✓	✓	✓
Children Annual Membership	£100.00	£150.00	✓	✓	✓
<b>Silver Memberships</b>					
01 Month paid in advance	£30.00	£50.00	✓		✓
03 Months paid in advance	£80.00	£140.00	✓		✓
06 Months paid in advance	£150.00	£275.00	✓		✓
12 Months paid in advance	£295.00	£525.00	✓		✓
Children Annual Membership	£100.00	£150.00	✓		✓

All monthly memberships will be moving to Direct Debit: Please complete the forms attached and return to Falmouth Spa.

### Member/s Details

**PLEASE WRITE IN CAPITAL BLOCK LETTERS**

	Member 1	Member 2
Card Number		
Title		
First Name		
Surname		
Date of Birth		
Phone no.		
Email Address		
Address		
Postcode		

### (1) Terms and Conditions

1. All applicants to complete all relevant sections of the form
2. To apply for a membership, proof of address and proof of age (if applicable) must be presented
3. Your membership, on approval, will be issued on receipt of this application. If for any reason your application is refused your fees will be refunded in full
4. All direct debits will come out on the 1<sup>st</sup> OR 15<sup>th</sup> of the month; forms must be processed 15 days prior to this.
5. Anyone under the age of 18 must have supervision in the pool area, children must not be allowed in the Jacuzzi or Sauna. Adult to children ratios must be met when under 18's are using the pool.
6. You MUST be over 18 to use gym.
7. Members will not be admitted with an expired membership card or if they have not got their membership card with them. Replacement membership cards will cost £5.
8. 10% off food & beverages cannot be used when there are functions or special occasions are taking place within hotel. If parties are over 6 no discount will be applied. This also applies to 15% Spa Treatment discount.
9. Please show your membership card to hotel staff to obtain your food and beverage discount.
10. If a membership is cancelled and has been being paid by direct debit, it is the member's responsibility to cancel their direct debit personally to ensure that all further future payments are stopped, as we cannot refund any monies.

### (2) Leisure Club Gym Disclaimer

**\*Please answer by circling YES OR NO**

#### Unsupervised Usage

I wish to use the leisure club gym during unsupervised hours. I understand that the leisure club staff, Falmouth Hotel or the Richardson Hotel Group will not be responsible in any way for any harm or injuries that may occur during these unsupervised times due to my own negligence. I understand that I am not permitted to offer access to or admit anybody else into the leisure at the Falmouth facility at any time. I agree to abide by the regulations cited above. I understand that failure to comply may result in termination of my membership.

**Person 1 - YES OR NO**

**Person 2 – YES OR NO**

#### All Personal Belongings

I agree to remove all items from the changing rooms and gym area after each visit. All items are left at my own risk; Leisure at the Falmouth and the Company will accept no liability for any lost or damage items.

**Person 1 – YES OR NO**

**Person 2 – YES OR NO**

#### Cancellation of a Direct Debit

All membership cancellations require one month's notice to be made in writing to The Falmouth Hotel. Whilst we shall endeavour to deal with your cancellation as quickly as possible, please note it can take up to 10 working days to process your request. Please note if you notify us before the beginning of the month (1<sup>st</sup>) your last payment will be for that month. If it is after the beginning of the month it will be the following month

**Person 1 – YES OR NO**

**Person 2 – YES OR NO**

### (3) Physical Activity Readiness Questionnaire (PAR-Q)

If you are between the ages of 18 and 69, the PAR-Q will tell you if you should check with your doctor before you significantly changing your physical activity patterns. If you are over 69 years of are not used to being very active, check with your doctor. Common sense is your best guide when answering these questions.

Please read carefully and answer each one honestly, circle N (no) or Y (yes)

Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor? Member 1 No/Yes Member 2 No/Yes

Do you feel pain in your chest when you do physical activity? Member 1 No/Yes Member 2 No/Yes

In the past month, have you had a chest pain when you were not doing physical activity? Member 1 No/Yes Member 2 No/Yes

Do you lose your balance because of dizziness or do you ever lose consciousness? Member 1 No/Yes Member 2 No/Yes

Do you have a bone or joint problem (for example, back, knee, and hip) that could be made worse by a change in your physical activity? Member 1 No/Yes Member 2 No/Yes

Is your doctor currently prescribing meds for blood pressure or a heart condition? Member 1 No/Yes Member 2 No/Yes

Do you know of any other reason why you should not be doing physical activity? Member 1 No/Yes Member 2 No/Yes  
If yes please expand:

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If you answered yes to one or more questions you should consult with you doctor to clarify that it is safe for you to become physically active at this current time and in your current state of health.

If you answered no to all questions it is reasonably safe for you to participate in physical activity, gradually building up from you current ability level. A fitness appraisal can help determine your ability levels.

I fully accept the terms and conditions in section (1)

I have read and agree with the disclaimer in section (2)

I have read the PAR-Q section (3) and answered the questions accurately.

I confirm that I am voluntarily engaging in an acceptable level of exercise, and I understand my participation involves a risk of injury. If I have answered yes to any of the questions in the PAR-Q, I have sought medical advice and my GP has agreed that I may exercise.

By signing this you allow the Falmouth Hotel to send you promotional offers, your details will not be given to 3<sup>rd</sup> parties.

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

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

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

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

## FAMILY MEMBERSHIP

Children between the ages of 6 and 17 can be added on to any adult membership for an extra £12 a month to use the swimming pool only.

### Child Member/s Details PLEASE WRITE IN CAPITAL BLOCK LETTERS

	Child 1	Child 2
Title		
First Name		
Surname		
Date of Birth		
Phone no.		
Email Address		
Address		
Postcode		
Parents/Carers/Guardians Signature		
Today's Date		

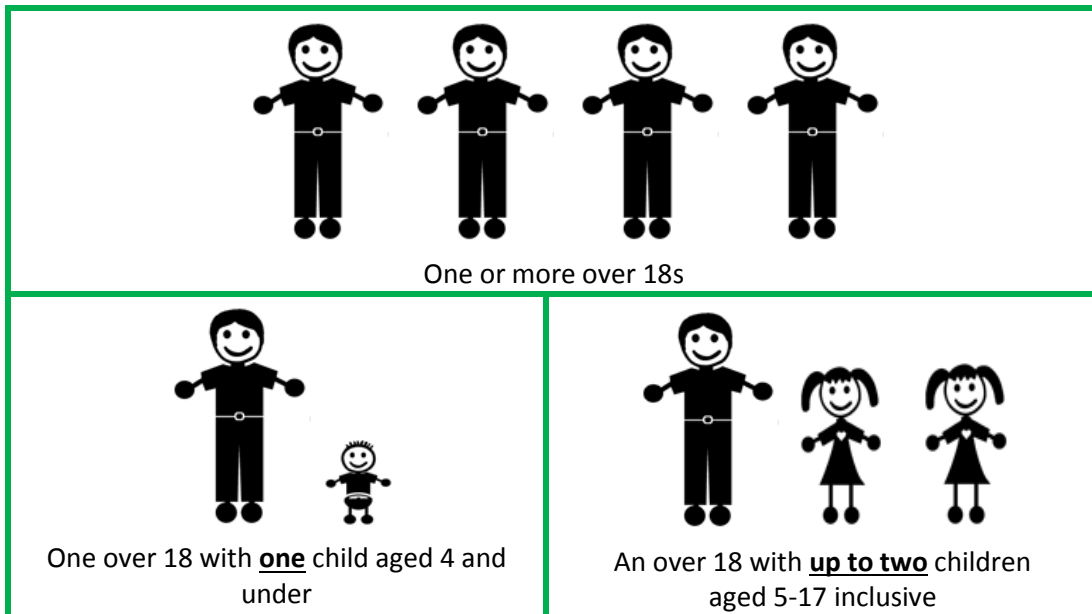
Terms and conditions do apply:

- \* This is a swimming only membership for children and they are forbidden to go into the gym area.
- \* Children must be between ages 6 and 17 years to qualify for the membership and MUST always be accompanied/supervised in the pool by adults over the age of 18.
- \* Child ratio is 1 adult over 18 to 1 child under 5 years and 1 adult over 18 up to 2 children aged 5-17 yrs.
- \* Children are not permitted to use the sauna or Jacuzzi
- \* Children are allowed in the pool between 9:00am and 12:00pm and 14:00pm to 18:00pm, daily
- \* Aids are not provided, but welcome to bring your own.
- \* Please ensure babies have the appropriate swim wear, swim nappies can be bought at the reception shop.
- \* Jumping & Diving into the pool is not permitted
  
- \* Unlimited usage is subject to pool bookings and availability

### Pool Ratios

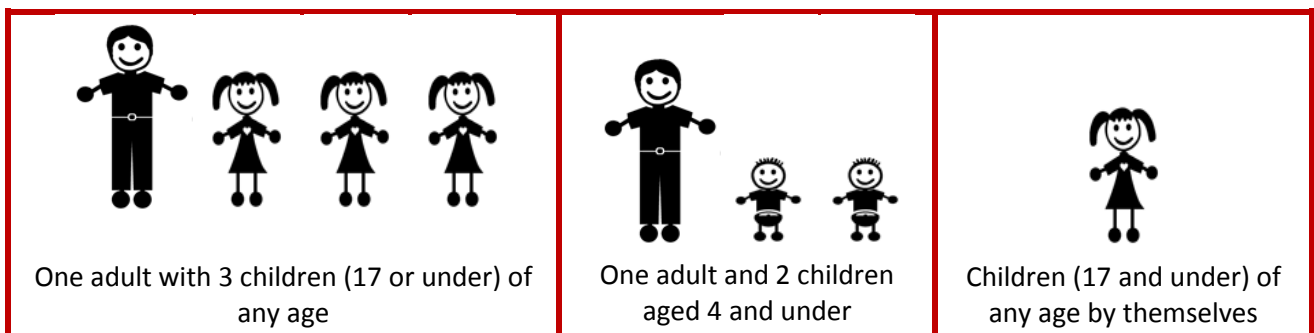
**This pool is not supervised by a lifeguard and therefore for the safety of all users the following ratios and guidelines must be attended to:**

The only pool ratios which adhere to the health and safety standards set for us and therefore provide insurance for the guests using the pool are as follows:



No other ratio of children or infants to adults is permitted under any circumstances.

### These are some of the things that are not allowed:



By using our pool today you agree to:

- Keep to the ratios above
- That the supervising adult will be in the pool with any children that cannot swim without floatation devices
- That the supervising adult can swim and will not leave the pool area