



Child/Adolescent Medical Information Form

Private & Confidential

All information on this medical information form is confidential and access to the details will be limited to only relevant CIT staff, ambulance officers, paramedics, rescue workers, medical practitioners and hospital staff.

Personal Details

Name:	Surname:
D.O.B:	Gender (M/F/O):
Parent/Guardian:	Phone:
Doctors Name:	Phone:
Doctor's surgery:	Fax:

Phone (After Hours):	Phone (Business):
Phone (Mobile):	Facsimile:
Email :	
Address:	Suburb:
City:	Postcode:
Emergency Contact Name:	Phone:

CURRENT MEDICAL HISTORY

Does your child have /or has ever had: (✓ Yes or No)

Epilepsy or Seizures:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	High/Low Blood Pressure:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Diabetes Type I:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Diabetes Type II:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
An Eating Disorder:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Hepatitis A, B or C:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Glandular fever:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	A Mental Health Problem or Phobia:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Cystic Fibrosis:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Downs Syndrome:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Intellectual Impairment:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Hyper mobility:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Brain or Spinal Injury:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Cerebral Palsy:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Attention Deficit Disorder:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Heart Condition:	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Dizzy Spells/Fainting:	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Haemophilia:	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Note: If you ✓ yes to any of the above please provide all additional information that may be relevant to your involvement in Directions activities (attach supporting documentation if appropriate):

Do you take any medication for any of the above conditions? Yes / No (If yes state side effects, name, purpose, and details of how it is administered)

If you answer yes to any of these questions you are classified as high risk and you are required to obtain a written medical clearance from your doctor.

My Doctor or relevant health professional has cleared my child to participate in low to moderate intensity physical activity with the medical condition(s) identified above? Yes / No

Parent/ Guardian Signature: **Date:**/...../.....

(Please turn over)

Office Use Only

Staff's Name: **Signature:**

Delegate Name: **Signature:**

PLEASE READ THE FOLLOWING BEFORE COMPLETING YOUR MEMBERSHIP APPLICATION.

Please take the time to read the Membership Terms and Conditions on the back of this page carefully to ensure you understand all relevant details. If there is something in the Membership Terms and Conditions that you do not understand please feel free to discuss them with the staff member on duty or the Education Manager of Sport and Fitness Programs. Please note that they may be changed from time to time.

Contract Length

The Contract is for a fixed period of time, 12, 6, 3 or 1 month and will then terminate automatically. HEAL memberships are for use between off peak times 9am-3pm Monday to Friday and 8am-5pm Saturday and Sunday.

Cooling Off Period

After applying for membership, you have a seven day ("Cooling Off") period during which you may cancel your membership. Notice must be given in writing. A refund equal to the Membership Fee, any additional amounts paid minus the Administration Fee and the cost of any fitness services already supplied will be applicable. If you terminate your contract after the cooling off period, different conditions will apply.

Disclosure of your Physical Condition

Provision of a safe and effective exercise program is dependent upon accurate health and fitness profiling. You agree to disclose to us all relevant personal health and fitness information both prior to and during engagement in any exercise program, service or facility we provide to you, as a part of your membership. If you are suffering from any infections or contagious illness, disease or other ailment or whilst you are suffering from any physical ailment such as open cuts or sores or minor infections you will not attend the centre whilst ill or take all reasonable steps to minimise cross contamination.

Change of Details

You must keep us promptly informed of any change of name, phone contact numbers, email address, changes in medical conditions and any other personal information that is relevant to your membership with us.

Termination when Changes made to Terms and Conditions

You are entitled to terminate the Contract with immediate effect at any time by providing us with written notice if:

- we make amendments to these Terms and Conditions and you do not continue to use the Fitness Centre/Business; or
- higher Membership Fees applicable to your membership are introduced.
- No fees will be applicable for terminating in accordance with this clause apart from the Administration Fee, Membership Fees for the time you have been a member and any additional fees for fitness services already supplied

Termination where we Breach our Obligations

If we are in breach of our obligations under the Contract and we have not remedied that breach within a reasonable time after you have notified us of our breach in writing, you are entitled to terminate the Contract with immediate effect at any time by providing us with written notice. No fees will be applicable for cancelling in accordance with this clause apart from, to the extent not impacted by our breach, the Administration Fee, Membership Fees for the time you have been a member and any additional fees for fitness services already supplied

Administration Fee

The \$20 Administration Fee is a fee used for all set up costs of a new or a renewing membership. The Administration Fee is not refundable, even if you choose to cancel your Membership Application during your Cooling Off Period

Termination for Medical Reasons

You may terminate the Contract with immediate effect at any time by providing us with written notice if you produce supporting documentation to our reasonable satisfaction to demonstrate medical incapacity. In that event, you will only be charged the Administration Fee, Membership Fees for the time you have been a member and any additional fees for fitness services already supplied.

Termination for Relocation or Convenience

You may terminate the Contract with immediate effect at any time by providing us with written notice without cause or if you relocate to an area not proximate to the Fitness Centre/Business (over 100 km in driving distance). You will be charged the Administration Fee, Membership Fees for the time you were a member. Your membership can be transferred to someone else who will incur the above fees.

Right of Exclusion

We can refuse entry to the Fitness Centre/Business, cancel your membership and/or terminate the Contract without warning or notice for not providing a medical clearance, inappropriate, threatening, harassing behaviour, damaging equipment or facilities, failure to follow Fitness Centre rules or use of illegal or performance enhancing drugs in the Fitness Centre/Business.

Privacy Statement and Acknowledgement

During the process of entering into the Contract with you and during the term of the Contract we will obtain access to certain types of your personal information, such as information relating to your health. We will only use, disclose or deal with such information in accordance with our Privacy Statement.

Variation

We may, alter these Terms and Conditions or the Rules at any time upon thirty (30) days written notice. All use of our Fitness Centre/Business and its facilities, services and products after the date specified in such notice will be subject to such altered Terms and Conditions or Rules.

Damages/Personal Injury

Whilst in the Fitness Centre/Business you may suffer injuries as a result of accident. We will comply with the statutory conditions by ensuring that the services supplied to you are rendered with due care and skill; and as fit for the purpose for which they are commonly bought as it is reasonable to expect in the circumstances; and reasonably fit for any particular purpose or might reasonably be expected to achieve any result you have made known to us.

Medical Clearance

If you are identified by centre staff, students or teachers that you require medical clearance before starting an exercise program, you will not be granted access to the centre until written medical clearance has been provided. Medical clearances are only valid for 12 months.

Risk Management

To mitigate risk and ensure that you correctly operate or use any of our facilities, services, products or equipment, including the adjustments of levels or settings on any equipment, you are required to undertake an instructional consultation with a member of our staff before use. If you do not undertake a consultation then you agree that you are exercising at your own risk and the centre will not be liable for incorrect exercise equipment use. In the event of you being involved in an emergency, you give your permission for the staff member on duty to call for an ambulance, or administer the care that they deem necessary, and this is conducted at your own expense

Responsibility for Damage

You are solely responsible for any damage which you may cause to the Fitness Centre/Business, facilities, services, products or equipment, if such damage is caused by your wilful act and/or negligence

Video Monitoring

CIT Fit & Well is under constant video monitoring throughout the facility for health, safety and security reasons.

Purpose of Facility

As a member CIT Fit and Well you recognize the facility is a student operated facility designed to provide on the job training and education services for students studying sport and fitness programs. Many of the services provided will be by students undergoing training and are supervised at all times by qualified teachers. As a result of the training provided students may require feedback and assistance while providing services to members from teachers. It is also expected that members will respect students while they are undergoing placement in CIT Fit and Well. You also recognise that groups of students will use the centre to assist in their learning and as a part of teaching activities. There may be times when Fit & Well may be utilised as a classroom. In such occasions these room will be closed to members.

Facility Access

To gain entry into the facility, you must have a valid membership card, your membership must not be expired and / or have been cancelled, must not be suspended and you must have no outstanding membership fees. The facility will be closed on some public holidays and during the annual shut down period during December and January for CIT. Areas of the facility may have restricted access at times due to community based sport and fitness programs and for the carrying out general maintenance. Where possible these dates and times will be displayed for your attention.

Change of Services

Classes and services may vary, change or be cancelled due to unforeseen circumstances beyond managements control. Lockers are provided within the facility. CIT Fit and Well does not accept responsibility for items which are lost, misplaced or stolen from within or outside of the lockers or the entire facility

Age Limits

A member must be a minimum 14 years of age and must undergo full medical screening, have a fitness assessment and an exercise program prescribed before they can use the facility. Members under 18 years will require a parent or guardian to sign their membership agreement

Membership Cards

Membership cards must be produced at all times when entering the facility or when requested by staff or student-staff. Lost or stolen cards must be reported and a charge of \$5 is payable for a replacement card.

Membership Transfer

A \$20 transfer fee is used for all membership transfers.

Fitness Centre / Business Rules

You must ensure you read, understand and abide by the Fitness Centre / Business Rules. Please read below:

- Sign in at turn-style or reception upon entry
- Suitable clothing and closed footwear should be worn at all times. No work clothes, work boots or uncovered footwear are permitted.
- use a towel on equipment;
- Wipe down equipment after use with antibacterial spray;
- Cover all cuts and grazes;
- Wash hands thoroughly before starting your workout;
- Notify reception of any blood and body fluids on the equipment;
- No food to be consumed in gym;
- Comply with time restrictions on cardiovascular equipment;
- Put weights away after you have used them;
- When using heavy free-weight's always use a spotter;
- Do not lean on mirrors;
- Be mindful of personal hygiene
- Report any faults immediately to staff on duty;
- Report any injuries/accidents to staff on duty (even if minor);
- In case of evacuation, follow instructions of staff or a fire warden;
- Respect other gym members and share equipment;
- The risk of injury exists if the equipment is misused. Please adhere to the standard operating procedures for the correct use of exercise equipment;
- It is recommended that if you have not undertaken formal instruction on how to use exercise equipment safely that you book in to have an exercise program written for you.

Member Signature: _____

Date: _____ / _____ / _____