



MEMBERSHIP AGREEMENT FORM

Last Name:	First Name:
Address:	City:
Postal Code:	E-mail:
Telephone (home):	Telephone (cell):

All fees are subject to a **\$5.00 card deposit**, per card.
(multiple cards for family memberships only)

Family Membership Use Only

Name:	Age:	Name:	Age:
Name:	Age:	Name:	Age:
Name:	Age:	Name:	Age:

Emergency Contact

Name:	Relation:
Telephone (home):	Telephone (cell):

Office Use Only

Notes:		
Application Date:	Staff Initials:	
Bouldering Orientation:	Autobelay Orientation:	Passed Top-Rope Belay Test:

PRIVACY POLICY: Southport Group (Southport) must collect certain personal information in order to process your Recreation Centre Membership form. Southport only collects that information required in order to process your membership form—including your billing information—and to determine whether other members of your family will be listed on your membership pass. The personal information provided to Southport will only be used for the purposes for which it was collected, including providing you with information to facilitate the renewal of your membership and providing you with information during the term of your membership that Southport feels would be of interest to you, and will only be disclosed with your consent, or where permitted or required to do so by law. A complete copy of Southport's Privacy Policy is available upon request, or on our website at www.southport.mb.ca.

REFUND POLICY: Refunds only applicable for the following validated reasons, such as, having a medical reason where it is no longer safe to exercise, as told by Medical Professional; if being relocated due to job requirements, or within the first 7 days of purchase.



PRE-AUTHORIZED AGREEMENT FORM

Credit Card Information

Full name on Credit Card:		
Address:		
City:	Postal Code:	Telephone:
Credit Card Number:		
Expiry Date:	Security Number (3 digit number on back of card):	

Details

I have paid for the first month's payment in form of a credit card payment.

I hereby authorize Central Plains RecPlex to automatically charge my credit card for the agreed upon monthly rate.

Payment will be processed on the ____ day of the upcoming month (i.e. June 1 for June).

I will inform Central Plains RecPlex, in writing of any changes in the information provided or cancellation of this authorization.

I understand that a missed payment will result in an immediate loss of membership until such time I pay a \$25.00 service charge.

I understand and accept the terms of the above authorization agreement.

Signature of Applicant: _____ Date: _____

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RECPLEX GENERAL RULES

Please Respect the following rules and regulations, so that everyone can enjoy our facilities to the fullest:

1. Only holders of valid Central Plains RecPlex memberships or those who have paid the applicable rental or drop-in fees may use the RecPlex facilities.
2. An access card must be used at all times to enter the front gate as well as the climbing wall gate. These gates are not permitted to be bypassed in any way.
3. No one, other than paid drop-ins is to bring guests or any non member into the facility at any time. You will be held liable for any/all legal and/or financial consequences.
4. The Central Plains RecPlex has the right to schedule any, or all of the facilities for special events, programs, or activities. Advance notice will be posted.
5. All activity areas will close 10 minutes before the building closes. At this time, all activities must cease and participants wishing to shower and/or change clothes must proceed to the change rooms to do so and exit the RecPlex before closing time.
6. The Central Plains RecPlex is not responsible for injuries arising from failure to observe these and other posted rules and regulation, or from the use or misuse of RecPlex facilities.
7. Please be aware of your surroundings and take caution when exercising during unattended hours.
8. Students must show proof of been in current part time or full time education. Failure show a current ID with an expiry date will result in the request student membership being denied.
9. Memberships can be paused for up to 3 months for the following reasons only—injury, illness, working abroad, study leave or pregnancy.
10. Memberships can be cancelled and refunded within the first week of purchase only.
11. Any Member signed up for the Pre-Authorized membership who wants/needs to cancel must provide a weeks notice prior to the date the money is removed from the account, failure to give notice will result in the payment being charged and be non-refundable.
2. Lockers are freely provided for daily use; please ask the front desk staff for a key.
3. Personal belongings left in daily use lockers will be removed at the end of each day.
4. Only food and beverages purchased from the food kiosk is allowed in the RecPlex. Only bottled water is permitted in the fitness area and climbing pit.
5. No eating or drinking of any kind allowed in the gymnasium.
6. Please help keep the facility clean by throwing away trash in proper receptacles.
7. Spitting on the floors or walls will result in immediate suspension of privileges.
8. The use of vulgar language is inappropriate and inconsiderate. Please refrain from the use of vulgarities during your conversations and on your clothing. Offensive language, inappropriate clothing or violent behavior will result in immediate suspension of privileges.
9. Members causing damage to facilities or equipment will forfeit their membership rights. Offenders will be billed for the repairs.
10. Proper athletic/fitness footwear must be worn. Bare feet, sandals, work boots, or street shoes are not allowed.
11. A t-shirt is required in all areas of the fitness centre, except in locker areas.
12. All injuries, no matter how minor, must be reported to RecPlex attendant on duty. If necessary, the RecPlex staff will call for medical assistance, or if other persons are involved in treatment, staff involvement will be limited to crowd control or ensuring that the appropriate medical personnel have been contacted.
13. Do not remove any equipment, magazines, fixtures, or anything else from Central Plains RecPlex that does not belong to you.
14. Central Plains RecPlex is monitored for the safety and protection of the facility and its members.
15. Bookings of the facility for events will need to deposit 10% of the total payment upfront at time reservation.
16. Any cancelations of bookings will need to be requested 48 hours in advance. Failure to do this will result in the deposit not being refunded.

AGE RESTRICTIONS

1. Eligible patrons 16 years of age and older have unrestricted use of all recreation centre facilities and equipment and need not be accompanied by a parent or legal guardian.
2. Patrons 14-15 years of age have unrestricted use of the gymnasium and cardio equipment, but a parent/guardian must remain in the facility.
3. Patrons between the ages of 14-15 may use the weight area only with direct parent/legal guardian supervision. Parent and child must be side-by-side in the Centre in order to fulfill the condition of "direct" supervision. Merely being in the same room does not constitute direct supervision.
4. Children 13 years and under are not permitted in the fitness area even under direct supervision.
5. Children 13 and under are not to be left unattended in the RecPlex, and all group activities within the centre must be supervised by a responsible adult.
6. There is no minimum age for use of the climbing wall and the walking track, however, in the climbing pit a parent/legal guardian must remain with all children 16 and under at all times.

USER GROUPS

1. Members of organizations that have rented an area within the RecPlex are asked to remain within that area with reasonable access to the restrooms.
2. Central Plains RecPlex may require that first aid services are made available during a tournament or other group event. The user will be responsible for the provision of those services by qualified personnel.
3. Any cancelations of booked times with request to use time in credit will need to be asked 24hours in advance.

FACILITY USAGE

1. The Central Plains RecPlex is not responsible for lost or stolen property. Please lock any personal items of value in a safe place.

CARDIOVASCULAR EQUIPMENT

1. Please limit yourself to 30 minutes on all cardiovascular equipment.
2. Equipment is available on a first-come first-serve basis.
3. Please wipe off controls, seats, and railings of equipment when you are finished with your workout. Please do not spray cleaning fluid directly on the equipment.

STRENGTH TRAINING EQUIPMENT

1. Please replace all dumbbells and plates on the appropriate racks/weight trees when you have finished using them.
2. The use of chalk is not permitted in the weight room.
3. Please do not drop the weights on the floor with the exception of the dead lift area. If they are too heavy to lower safely, use a spotter to assist you.

CLIMBING WALL EQUIPMENT

1. Climbing equipment, including harnesses and shoes, is provided by the RecPlex. Use of your own climbing equipment is permitted as long as it is in good condition.
2. Equipment use is only permitted for anyone that has gone through proper orientation of the climbing wall and equipment.
3. Belay devices are available at the front desk.
4. Return climbing equipment to the same spot and condition you borrowed it from.
5. The use of loose chalk is permitted in The Pit, however, if you make a mess you are expected to clean up after yourself.

Any illegal activities or suspicion thereof will result in immediate revoking of membership without refund. These individuals will be banned from the facility for a length of time determined by facility management.

ACCESS TO THE CENTRAL PLAINS RECPLEX FACILITIES IS DEPENDENT UPON COMPLIANCE WITH THESE AND ANY OTHER RULES ESTABLISHED TO PROTECT THE PARTICIPANTS AND THE PREMISES. CENTRAL PLAINS RECPLEX RESERVES THE RIGHT TO REMOVE ANY PERSON(S) FROM THE PREMISES FOR THE BREACHING OF ANY RULES, WITHOUT REFUND.

I, _____, acknowledge that I have read and understood the General Rules pertaining to the use of the Central Plains RecPlex and agree to fully comply with the same.

Signature of Member: _____ Date: _____

Signature of Parent/Legal Guardian: _____

PAR-Q & YOU

(The Physical Activity Readiness Questionnaire for Everyone)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become more physically active than you are now, start by answering the seven questions in the box below.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

Circle YES or NO

- | | | |
|-----|----|--|
| Yes | No | 1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor? |
| Yes | No | 2. Do you feel pain in your chest when you do physical activity? |
| Yes | No | 3. In the past month, have you had chest pains when you were not doing physical activity? |
| Yes | No | 4. Do you lose your balance because of dizziness or do you ever lose consciousness? |
| Yes | No | 5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? |
| Yes | No | 6. Is your doctor currently prescribing drugs (e.g., water pills) for your blood pressure or heart condition? |

If you answered **YES** to one or more questions, talk with your doctor by telephone or in person **BEFORE** you start becoming much more physically active or **BEFORE** you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want, as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

If you answered **NO** honestly to all PAR-Q questions, you can be reasonably sure that you can:

- Start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

Delay becoming much more active:

- If you are not feeling well because of a temporary illness such as a cold or fever - wait until you feel better; or
- If you are or may be pregnant - talk to your doctor before becoming more active.

Informed use of the PAR-Q: **Southport Group** and their agents assume no liability for persons who undertake physical activity.

Note: If the PAR-Q is being given to a person before he/she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood, and completed this questionnaire. Any questions I had were answered to my full satisfaction"

NAME: _____

SIGNATURE: _____ DATE: _____

SIGNATURE OF PARENT or GUARDIAN: _____
(for participants under the age of majority)

Witness: _____

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions