OLD TYME STRENGTH

Day pass: health questionnaire (PAR-Q)

Unit 1E Victoria Street, Mansfield, NG18 5RR · 07592 552952 · oldtymestrength.co.uk

Day passes cost £10, paid in cash on the day. Visits are by appointment and during staffed hours only. Please complete both pages and hand this form to a member of staff before you train.

1. Your details

Full name _____ Date of birth _____

Phone _____ Email (optional) _____

Emergency contact name _____ Emergency contact phone _____ Relationship _____

Date of visit _____ Any injuries or conditions staff should know about _____

2. Health questionnaire (PAR-Q)

Answer every question honestly. Tick YES or NO.

	YES	NO
1. Has a doctor ever said you have a heart condition or that you should only do physical activity recommended by a doctor?	☐	☐
2. Do you feel chest pain when doing physical activity?	☐	☐
3. Have you had chest pain when not doing physical activity in the last month?	☐	☐
4. Do you lose balance because of dizziness, or do you ever lose consciousness?	☐	☐
5. Do you have a bone, joint, back, or muscular problem that could be made worse by physical activity?	☐	☐
6. Is a doctor currently prescribing medication for your blood pressure or a heart condition?	☐	☐
7. Do you know of any other reason why you should not take part in physical activity?	☐	☐

If you answered YES to any question:
tell a member of staff before you train. You may need to speak to your doctor before taking part, and staff may ask you not to train today. If your health changes after completing this form, tell staff straight away.

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Day pass: declaration and gym rules

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3. Gym rules

By training here you agree to follow the Old Tyme Strength gym rules:

- Respect the gym, equipment, staff, coaches, and other members.
- Train safely, use collars where appropriate, and ask if unsure.
- Return equipment after use and keep the training space clear.
- No abusive, threatening, discriminatory, or reckless behaviour.
- Follow staff instructions and report hazards, damage, or injuries.
- Do not train beyond your ability when injured, unwell, or unsafe.

4. Declaration and acknowledgement of risk

- The answers I have given on this form are true and complete to the best of my knowledge.
- I understand that strength training, including powerlifting and strongman, is physically demanding and carries a risk of injury. I take part voluntarily and will train within my own ability.
- I will follow the gym rules and any instructions from staff, use equipment only in the way it is intended, and ask if I am unsure how to use something safely.
- I will stop training and tell staff if I feel unwell, become injured, or notice a hazard or damaged equipment.
- I will only train during staffed hours on the day of my appointment.
- Nothing in this form limits Old Tyme Strength's liability for death or personal injury caused by its negligence, or any other liability that cannot be limited by law.

Signature _____ Print name _____ Date _____

5. Visitors under 18: parent or guardian consent

Anyone under 18 needs a parent or guardian to complete this section. Juniors aged 11 to 15 must be accompanied by a parent or guardian, who stays with them and supervises them for the whole visit.

- I am the parent or guardian of the junior named on page 1, I have read this form, and I agree to them training today.
- If they are aged 11 to 15, I will stay with them and supervise them throughout the visit.

Parent or guardian name _____ Relationship to junior _____ Phone _____

Parent or guardian signature _____ Date _____

Your information

We use the details on this form to keep you safe while you train and to contact your emergency contact if needed. Forms are stored securely and kept for six years, then destroyed. See our privacy notice at oldtymestrength.co.uk/privacy.

Office use

£10 cash received ☐ PAR-Q checked ☐ Staff initials _____