



YARALLA SPORTS CLUB INC
LIFESTYLE MEMBERSHIP
COMPANY EMPLOYEE
APPLICATION FORM

MEMBER DETAILS:

Surname: Given Name/s: Title:

Address:

Town/Suburb: State: Postcode:

Telephone: (home).....(work).....(mobile).....

Sex: Email address:

Date of Birth: / / Age: yrs Occupation:

Emergency Contact Name & Number: Relationship:

Privacy Policy:

The personal information provided by you on this registration form will not be shared with any other organisation.

Lifestyle Membership Terms & Conditions:

Welcome, Yaralla Sports Club hopes you enjoy the benefits associated with our Lifestyle Passport. Following is a list of conditions provided to you so that you may make the most of this exclusive package with minimal confusion or inconvenience. Benefits associated with the Lifestyle Passport are only for the owner of the card and may not be transferred (must be 16 years and over). **Only direct employees of the company are entitled to sign up for the lifestyle package under the Corporate Lifestyle agreement.** **Cards are to be collected from Yaralla Fitness Centre, Clinton.** Lifestyle Passport holders are entitled to unlimited use of the following facilities as described below.

PRE-EXERCISE SCREENING

This screening tool does not provide advice on a particular matter, nor does it substitute for advice from an appropriately qualified medical professional. No warranty of safety should result from its use. The screening system in no way guarantees against injury or death. No responsibility or liability whatsoever can be accepted by Yaralla Fitness Centre for any loss, damage or injury that may arise from any person acting on any statement or information contained in this tool.

MEDICAL HISTORY		Yes	No
1.	Has your doctor ever told you that you have a heart condition or have you ever suffered a stroke?		
2.	Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise?		
3.	Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance?		
4.	Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months?		
5.	If you have diabetes (type I or type II) have you had trouble controlling your blood glucose in the last 3 months?		
6.	Do you have any diagnosed muscle, bone or joint problems that you have been told could be made worse by participating in physical activity/exercise?		
7.	Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/exercise?		

IF YOU ANSWERED 'YES' to any of the 7 questions, please seek guidance from your GP or appropriate allied health professional prior to undertaking physical activity/exercise.

IF YOU ANSWERED 'NO' to all of the 7 questions, and you have no other concerns about your health, you may proceed to undertake light-moderate intensity physical activity/exercise.

Terms & Conditions

GLADSTONE GOLF CLUB, CALLIOPE GOLF CLUB, BITS GOLF CLUB

Lifestyle Passport holders must present their identification card and swipe card for verification before playing Golf.

Obtaining a Handicap

To obtain a handicap, Men and Women may submit scorecards for three 18 hole or submit six 9 hole scorecards, all of which must be marked by a holder of a current Australian Golf Union (AGU) handicap.

Persons without accredited handicaps are ineligible to win Club competitions.

When submitting cards for handicap, please record your full name & membership number on the card, along with the statement 'For Handicap – 1st Card' (or 2nd, 3rd, 4th or 5th) Men' – at least three of your cards must be obtained from playing in Club Competitions (Saturday or Sunday Comp, or Tuesday Callaway Comp), the other two are permitted to be social cards.

For those Lifestyle Passport holders wishing to obtain an A.G.U handicap an additional fee must be paid – For those persons interested in obtaining an A.G.U. handicap, please contact the Pro Shop as an application must be completed for registration.

Drinks on the Premises

Please note that the Gladstone Golf Club, including the entire course is fully licensed, and it is against the law to bring alcohol onto the premises. NO B.Y.O.

The food/drinks cart operates on Friday/Saturday/Sunday.

Club Competitions

Gladstone Golf Club holds a number of Match Committee recognized competitions each week, on Saturday, Sunday, as well as the Ladies competition on Wednesday. The 18 hole Callaway competition on Tuesday is recognized for the purpose of handicapping only.

Many other social competitions are also held each week, such as the Thursday and Friday afternoon Sporters, the Veterans competition on a Monday afternoon, the Police Club competition on a Thursday morning and the Teachers Social competition on a Wednesday afternoon.

On the course

ALL PLAYERS MUST REPORT TO THE PRO SHOP BEFORE TEEING OFF & SIGN IN.

Workmen and machinery have right of way on the course at all times. Social players and members who are having a social game must give way to competition players. Every player must carry a sand bucket & divots must be sanded.

Motorised buggies are not to be driven within 10 metres of greens or on tees.

When playing in competitions, your card must be returned within ten minutes on completion of your round. Your membership number must be recorded on your card.

Those players teeing off on No. 5 must give way to those teeing off on No.8.

Those players teeing off on No. 10 must give way to those teeing off on No. 12.

The recommended time for a round of 18 holes is 4.5 hours which enables the flow of the game.

Dress Rules

Not permitted - brief shorts or athletic shorts, singlets or singlet tops or thongs/sandals.

GLADSTONE AQUATIC CENTRE

- Lifestyle members must present their identification card and swipe card for verification before entering the facility;
- Follow all directions of staff and signage;
- Safety is important to everyone, always supervise your children;
- No commercial food is allowed on premises.

GLADSTONE TENNIS & SQUASH ASSOCIATION

General Club Rules

- Members and Guests MUST respect club property at all times;
- Players MUST pay their fees before the commencement of play;
- NO Smoking on Courts, or in Buildings / Club House;
- Proper attire MUST be worn by all players;
- Players MUST conduct themselves in a Sportsman like manner at all times;
- Players are required to wear shoes with non-marking soles. Bare feet and sandals are not permitted.

Note: Children are welcome at our club but should be supervised so as not to cause a distraction to players.

In addition to the above General Club Rules, the following applies:

Squash Courts

- Players are NOT to take drinks on the court;
- Players under 18 years of age MUST wear protective eyewear;
- Players MUST vacate the court as soon as your allocated hire time is up, especially if someone else is waiting to play.

Tennis Courts

- Players are to only take water or sports drinks onto the courts;
- Players MUST walk with care - don't walk behind or across another court during a point, or interrupt a point on another court to retrieve a ball;
- ALWAYS pick up after yourself - don't leave empty drink bottles or old tennis balls out on the court when you leave. Please dispose of any garbage you have in the rubbish bins provided;
- ALWAYS close the gate behind you.

The following Disregard for Court Rules are reasons for dismissal from the courts:

- ***Smoking;***
- ***Unsportsmanlike conduct, including profanity or racket throwing;***
- ***Improper attire or improperly soled shoes;***
- ***Abusive behaviour towards Club staff or other Members and guests***

Finally..... Please REMEMBER to have FUN!!!

YARALLA FITNESS CENTRE CLINTON & SOUTH GLADSTONE, POWERHOUSE FITNESS CENTRE, TRAIN STATION TANNUM SANDS

Lifestyle Passport holders must present their identification card and swipe their card for verification when attending the gym. Access will be denied if they do not show their identification card.

Lifestyle Passport membership includes the use of the gym facilities, group fitness classes, and change rooms. Not included in this membership is the cost of child minding, personal training, fitness assessments and programs.

Lifestyle Passport holders participating at the centre do so at their risk. Individuals are obligated to inform staff if there are any medical conditions that they would consider a risk.

Yaralla Fitness Centre has the right to terminate an individual's membership under the following conditions:

- If the member does not abide by the Centre's rules and regulations
- If the member is deemed by Yaralla Fitness Centre to be physically or medically unfit to use the gym.

GLADSTONE CINEMAS

Lifestyle Passport holders are required to come to the designated register at the Candy bar and swipe their Lifestyle Passport where they will be presented with a Gladstone Cinemas movie ticket. Lifestyle Passport Holders are then required to present their movie ticket to the usher. These tickets do not include any special events, Movie Premieres, Movie Marathons, Film Festivals or Gold Room passes.

YARALLA FITNESS CENTRE MEMBERS DECLARATION:

Acknowledgement of Risks, Injury & Obligations: I acknowledge that participating in any activity or using any equipment in Yaralla Fitness Centre I am exposed to certain risks. I acknowledge that whilst participating in such activity I may be injured or other persons participating in such activity may cause me injury. I acknowledge that my personal property may be lost or damaged. I understand that participating in any activity is entirely at my own risk and I acknowledge that no responsibility or obligation will fall on the Yaralla Fitness Centre, Yaralla Sports Club Inc. or its employees for any injury to myself. I agree to abide by the rules as determined by Management and am obligated to inform staff of any medical condition or changes in health.

Gym Rules: I understand the gym rules & etiquette as described in the Yaralla Fitness Centre Brochure. Appropriate covered footwear & clothing must be worn and towels must be used at all times whilst in the Fitness Centre. All weights must be put back after use & gym bags must not be left in the gym area. Membership card and/or identification must be shown upon request.

Memberships are not transferable. Management reserves the right to terminate any membership agreement if the member does not comply with the terms & conditions of the membership.

I acknowledge that I understand what is included with my membership at Yaralla Fitness Centre and that I am physically and medically fit to undertake a basic exercise program.

☐ I have read, understood, and agree to the terms and conditions above.

☐ I acknowledge any existing direct debit memberships with Yaralla Fitness Centre or Gladstone Golf Club are my responsibility to cancel. To cancel an existing Fitness membership, please email fitnessreception@yaralla.com.au. For Golf Club membership please contact directorofgolf@yarallagolf.com.au.

☐ In addition, I accept that no refund shall be provided for any concurrent pre-paid memberships.

Signed:

Date:

Gladstone Ports Social Club

34 Yarroon Street
Gladstone Qld 4680

Yaralla Sports Club

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