

Member Update FORM

OFFICE USE ONLY
Member Number
Membership type

Surname						ress					
				Email							
EMERGE CONTAC	ENCY CT DETAILS	NameRelationship to applicant						: Numb	er:	•••••	
	_	any concessions? Student ession Card Trinity College				Care Card			oner Conc hted (offic		
		ect relevant boxes below) F tion previously provided to STA									
1	Do you have	asthma?					(Sk	No cip to Q.3)	Yes		
2	Is your asthma controlled by medication?							Yes			No
3	Do you have diabetes?						(Sk	No (ip to Q.5)	Yes		
4	Is your diabetes controlled?							Yes			No
5 Do you suffer from high/low blood pressure? (High / Low)						(Sk	No (ip to Q.7)	Yes			
6	6 Is your blood pressure controlled?							Yes			No
7	7 Do you have any allergies?							No	Yes		
8							No	Yes			
9	Do you have	epilepsy?						No			Yes
10	Have you be	en hospitalized within the last 3	months?					No			Yes
11							No			Yes	
12	Do you ever activity/ exer	experience unexplained pains i cise?	n your che	est at rest	ord	during physico	al 🗆	No			Yes
13	Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance?						No			Yes	
14		any diagnosed muscle, bone of made worse by participating in						No			Yes
15	Do you have	any other medical conditions the in physical activity/exercise?		,				No			Yes
gym ind		ncerns about your health, you ma ed, and undertake prescribed ligh			al						
allergies	s you have in the d to your gym in	ny questions in the yellow column e space provided below. If you ho duction, if required, and undertak	ave no othe	er concer	ns a	bout your hea	lth, yo	ou may			
		ny questions in the red column, pl to undertaking physical activity/		written g	uida	ince from your	GP o	r approp	riate allied		
Please li	ist any additio	onal medical conditions, me	dications	or vac	cinc	ations: M	edico	al Clear	ance (offi	CE US	SE ONLY)

What would you like to do today?	Page 2 of 2
☐I would like to renew/continue on the following program	
☐I would like to enrol in the following new program:	
□I would like to upgrade / downgrade from	to
Do you need a personalised program to help g Sign up to Personal Training	uide your fitness goals?
Have you had a personal trainer before? Yes No	
I would prefer a \square Male \square Female \square Either(Please	note: Personal Training requests may not be met)
SELECT PERSONAL TRAINING PACK: 3 PT PACK 10 PT PAC	CK DIRECT DEBIT PT week/fortnight
Availability (please specify possible days and either am/pm t	imes):
□ MONDAY □ am	
■ WEDNESDAY□ am	
□ THURSDAY □ am	
□ SATURDAY am	□ pm
□ SUNDAY am	☐ pm
Please note: We will do our best to try to match your preferred times.	
A delition of Information	
Additional Information:	
Membership Fees & Terms	
Membership Fees & Terms I would like to pay my membership by: ☐ Special	Locked inmonths direct debit
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