



**LOCAL WELLBEING**

ABN 54 103 754 986

Telephone: 0410 55 83 93

Email: [localwellbeing@live.com](mailto:localwellbeing@live.com)

Website: [www.localwellbeing.com.au](http://www.localwellbeing.com.au)

## New Member Application

### Participant risk acknowledgement and waiver

#### 1. APPLICANT 1 DETAILS:

Last Name:.....Given Names:.....  
Address: .....Suburb:.....Postcode:.....  
Ph (h).....Ph (w).....Fax (w).....Mobile:.....  
Email:.....Date of Birth:.....Age:.....

#### APPLICANT 2 DETAILS:

Last Name:.....Given Names:.....  
Address: .....Suburb:.....Postcode:.....  
Ph (h).....Ph (w).....Fax (w).....Mobile:.....  
Email:.....Date of Birth:.....Age:.....

#### APPLICANT 3 DETAILS:

Last Name:.....Given Names:.....  
Address: .....Suburb:.....Postcode:.....  
Ph (h).....Ph (w).....Fax (w).....Mobile:.....  
Email:.....Date of Birth:.....Age:.....

#### 2. HEALTH DECLARATION:

Are you prescribed drugs which may impair reaction time or judgement?

YES NO If yes, what drugs

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Have you suffered any incapacity requiring medical attention in the past 12 months?

YES NO If yes, give details

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Are you aware of any health problem, injuries or medical condition that currently affect you, in the interests of your safety, Local Wellbeing should be advised of?

YES NO If yes please describe

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#### 3. Fitness Training history

If you've had personal training or a history in regular fitness training please give a brief description:

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#### 4. EXCLUSION OF APPLICANT

Have you ever been excluded from fitness training in the past by a medical practitioner or any other person or entity? If yes, give details

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**5. TERMS AND CONDITIONS:** Please ensure you have read the booking terms and conditions below.

If you are not able to attend your scheduled Personal Training (“PT”) weekend you are required to call in out of courtesy to the trainer and the training facility providers. All discounts must be authorized by Local Wellbeing. Fees include your training, and the use of specially designed equipment, venue hire/lease, public liability and professional indemnity. Most importantly PT education and knowledge of nutrition, fitness training, behaviour management, communications, safety, sports psychology, class planning, provide leadership to groups, children and older adult training. Please note that Local Wellbeing is available between certain times during the week and endeavours to answer every call and message as a priority. If the applicant is 55 years of age or over then a medical certificate clearing them for PT is required and will be asked for.

**6. Fees:** The applicant will pay on demand the prescribed or stated fees for the service. Such fees may be notified to the applicant by letter or memorandum or by notice displayed in the provider's premises or premises occupied by the provider or verbally.

**7. Medical Conditions:** The applicant warrants that he or she has not at any time suffered any blackout, seizure, convulsion, fainting or dizzy spells and is not presently receiving treatment for any illness, disorder or injury which would render it unsafe for the applicant to take part in personal training.

**8. Exclusion of Applicant:** The Applicant warrants that he or she has not at any time been excluded from Martial Arts or personal training by a medical practitioner or any person or entity including a Martial Arts Club or health and fitness club.

**9. Pricing:** Local Wellbeing pricing is subject to annual review and may change with at least 1 months’ notice. All bookings for PT weekends are applications only until full payment is received. All bookings are required to secure a trainer and spot at the location day and time of your within Local Wellbeing’s operating hours.

**10. Cancellations:** No refunds or transfers apply to any of the PT sessions paid for in advance unless at least 2 weeks notice is given to Local Wellbeing. In the event Local Wellbeing is forced to stop your PT weekend due to extreme weather conditions you will receive a free booking to make up the rest of what you’ve missed or you may qualify for a partial refund. If this happens and a partial refund is due then the payment Local Wellbeing received will be refunded by the qualified refund amount in the form it was paid.

**11. Late Policy:** If a client does not arrive for a PT weekend camp as paid for and arranged with Local Wellbeing or is late from the organised times booked then the client forfeits whatever time they have missed. It is highly recommended to arrive at least 10-15 minutes early to find yourself the right car park, unpack, go to the toilets before commencing training and fill out any required paperwork.



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**12. General Waiver agreement and release:**

By signing this waiver I agree to assume the risks of participating in personal training (“PT”) with Local Wellbeing. I confirm that I have read and agree to abide by the Local Wellbeing rules set out below.

Initials

I understand not all risks can be predicted and that I may face harm (including the risk of death or personal injury) by taking part in PT. If I suffer harm during a PT weekend with Local Wellbeing I will not hold Local Wellbeing, their employees or agents legally responsible for any injuries I suffer. I will not sue Local Wellbeing, their employees or agents for any claims, costs, damages or liabilities I may have for injury suffered by me. I acknowledge that this waiver represents a legal release and discharge of legal responsibility to Local Wellbeing, their servants or agents and is provided in consideration for PT, activities and services I have purchased.

Initials

I understand Local Wellbeing requires all relevant information about my health and capabilities including any pre-existing or previous injuries or medical conditions that may affect either my or any partner's safety or that may be exacerbated by participation in the PT at a Local Wellbeing training location and that if I fail to provide this information Local Wellbeing will not be able to take appropriate action to limit the risk of harm to myself.

Initials

I understand I will be required to physically exert myself and that it is possible I could injure myself during this activity. I warrant that I will not participate in PT whilst affected by drugs and alcohol, and I understand that participation after the consumption of drugs or alcohol will remove any and all liability and responsibility from Local Wellbeing, their servants or agents.

Initials

**13. WHAT TO BRING:** Clients of Local Wellbeing are suggested to wear loose fitted clothing and enclosed shoes such as runners or comfortable boots, shorts are okay. Skirts and dresses are not advisable however match them with leggings, long hair must be tied back. Be prepared for the weather of the day please, if the weather is cold, bring a rain jacket just in case. Bring a drink bottle and towel also to every PT session. People on the Belgrave site should be aware there can be insects in the park and as such should take the necessary precautions themselves.

**14. DECLARATION OF UNDERSTANDING**

By signing this waiver I agree to assume the risks of participating in PT with Local Wellbeing. I confirm that I have read and agree to abide by the rules outlined in this Local Wellbeing new member application form.

Date

Applicants Signature

Witness signature

**15. GUARDIAN'S CONSENT (for all persons under 18 years):**

I hereby certify and decree that all the information contained in the declarations above is true and accurate.

Signature

Relationship to Applicant(s)