

Annual Membership Rates	
IWA Member, Staff, Sport	€55.00
Student & Older Adult	€110.00
Public	€220.00
Corporate / Group	3 for €500

### IWA Gym Membership Application Form

<b>Name</b>	
<b>Address</b>	
<b>Date of Birth</b>	
<b>Mob No</b>	
<b>House Phone No</b>	
<b>Email</b>	
<b>Emergency Name &amp; No</b>	

**Please turn to Page 2.**

### *Office Use Only*

<i>Membership Type</i>	_____
<i>Amount Paid</i>	_____
<i>Membership Number</i>	_____
<i>Membership Commencement date</i>	_____ <i>Expiry Date</i> _____

**Managers Signature** \_\_\_\_\_

## IWA Physical Activity Health Screening Form

### Medical History:

Please circle correct answer.

1. Has your doctor ever said you have a heart condition and that you should only participate in physical activity recommended by a doctor? Yes No
  2. Do you feel pain in your chest when you participate in physical activity? Yes No
  3. Do you ever feel faint or have dizzy spells? Yes No
  4. Has your doctor ever told you that your blood pressure was too high? Yes No
  5. Are you currently taking any medication? Yes No
  6. Do you smoke? Yes No
  7. Are you pregnant? Yes No
  8. Do you suffer from diabetes? Yes No
  9. Do you suffer from asthma? Yes No
  10. Do you suffer from epilepsy? Yes No
  11. Do you have a disability? (if yes – describe ) Yes No
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12. Have you had recent surgery? (In the past 12 months) Yes No
  13. Within the past 6 months have you experienced unusual bone, neck, spine, joint or muscular pain? Yes No
  14. Are you currently taking any form of exercise? Yes No

### Informed Consent

I fully understand the strenuous nature of the programme and the risks associated with physical exercise. I accept responsibility for my health and well being in the voluntary exercise programme and related tests and understand that no responsibility is assumed by staff of the IWA Sports Centre arising out of accident, injury or loss sustained by me as a result of activities at or present in the IWA Sports Centre.

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**IWA Staff Signature:** \_\_\_\_\_