

CHESTER HEART SUPPORT GROUP



Affiliated to The British Heart Foundation

Web site: www.chesterheartsupportgroup.co.uk

Charity No. 1123789

GYM MEMBERSHIP & INDUCTION FORM

To be completed by a Representative of Chester Heart Support Group and retained in Gym Records File.

Date: _____

Name of person joining the programme: _____

Address: _____

Contact telephone numbers: Home: _____ Mobile: _____

Start date at Gym: _____

Discharge forms received from Countess of Chester Hospital: Yes / No (please circle Yes or No)

(Programme cannot be commenced until discharge details have been received)

Letter from Doctor: Yes / No (please circle Yes or No)

Date attended Lache Code of Practice induction: _____

Date attended exercise suite familiarisation induction: _____

I confirm that I have received a copy of the "Lache Guidance Notes for people using the Lache Community Centre Gym" and agree to comply with the rules listed and adhere to the programme guidance contained.

Signature of participant: _____

Signature of Lache Representative: _____

Name in capitals: _____

SAFETY INDUCTION CHECKLIST

Please Print

Surname: _____ First Name: _____

Home Address: _____

Telephone Number: Home _____ Mobile _____

Instruction in the following subjects has been given to the above named.

Tick Box

- | | | |
|----|--|--------------------------|
| 1 | Code of Practice | <input type="checkbox"/> |
| 2 | Fire Drill / Emergency evacuation | <input type="checkbox"/> |
| 3 | First Aid / Medical Emergency | <input type="checkbox"/> |
| 4 | Layout of the Lache Community Centre | <input type="checkbox"/> |
| 5 | Accident / Near Miss reporting | <input type="checkbox"/> |
| 6 | Smoking Policy | <input type="checkbox"/> |
| 7 | Specific Hazards / Housekeeping | <input type="checkbox"/> |
| 8 | Security | <input type="checkbox"/> |
| 9 | Limitations for Training (see booklet) | <input type="checkbox"/> |
| 10 | Fitness Equipment (by Supervisor) | <input type="checkbox"/> |
| 11 | Disabled Access | <input type="checkbox"/> |
| 12 | Specific Hazards | <input type="checkbox"/> |
| 13 | Alcohol and Drugs Policy | <input type="checkbox"/> |
| 14 | General Conduct | <input type="checkbox"/> |
| 15 | Vehicle Parking | <input type="checkbox"/> |

Safety Induction conduction by:

Name (print) _____ Position _____

I confirm that I have recently completed a "Heart Rehabilitation" course or am in receipt of a letter from my doctor or have completed a Self Declaration and am fit to use this facility. I also confirm that I have completed the above Safety Induction and have had all items fully explained to me.

Signed: _____ Date: _____

When completed please return this form to the Supervisor.

SAFETY INDUCTION FOR VISITORS TO LACHE GYM

This form is to be used for Group Visits and a copy given to the responsible person.

Do's and Don't's

- 1 **Do** familiarise yourself and the Group with your location.
- 2 **Do** strictly adhere to all Safety Precautions on the site,
- 3 **Do** report ALL accidents.
- 4 **Do** report ALL unsafe conditions.
- 5 **Do** use all Personal Protective Equipment. If issued, and return it after use.
- 6 **Do** take care of Person Protective Equipment and report ALL defects.
- 7 **Do** report to Supervisor on arrival.

On Lache premises and premises under the control of Lache personnel every effort to ensure the safety of yourself and your group is applied. Neither yourself or any member of your group may carry out any of the activities listed below without permission or under direct supervision of a competent Lache employee. Where indicated you are strictly prohibited from carrying out certain activities or visiting prohibited areas covered by specific Health and Safety Legislation

Don'ts.

- 1 **Do not** smoke within the buildings or premises at Lache C.C.
- 2 **Do not** bring or consume alcohol on to Lache Gym premises.
- 3 **Do not** bring chemicals or substances to the Lache Community Gym.
- 4 **Do not** use chemicals or substances unless approved.
- 5 Ensure members of the group **do not** commit acts of frolicking or practical jokes.
- 6 **Do not** tamper with fire fighting or life saving equipment.
- 7 **Do not** operate equipment unless under strict supervision.
- 8 **Do not** tamper with electrical equipment.
- 9 **Do not** tamper with anything provided in the interests of Health & Safety.

The Health & Safety of your group is paramount and the Lache Community Trust wishes you all a safe and memorable visit to all its premises.

If you have any specific questions in relation to Health & Safety the Duty Manager is always willing to advise.