

Tonic Terms and Conditions

1 AGREEMENT

I, the person whose name is set out overleaf, hereby agree to adhere to the NSLC Tonic Fitness Centre Terms and Conditions as specified below.

2 TERMS AND CONDITIONS

Members only

Access to the Fitness Centre is strictly for Members only. Do not open/hold the door open for ANYONE. If they are a genuine member their card will have been activated. Anyone found to have knowingly let a non-member into the Fitness Centre will have their membership PERMANENTLY revoked.

No Workwear

Only suitable gym-wear may be worn - no workwear to be worn while using the Fitness Centre or the equipment. This applies to all NMUK or Contractor issued clothing, including Nissan T-shirts, trousers, shirts and boots: it could lead to possible contamination or damage to the floor and equipment and a subsequent cost for cleaning.

Housekeeping

Please tidy ALL equipment away after you've used it, to prevent trips, and put all rubbish in the bins provided. All equipment, handles, seats and display screens must be wiped down after every use using the wipes and sprays & blue rolls provided.

Using Machines

Machines must be used in a safe and correct manner. Do not overload or use the machines outside the scope for which they were intended. To apply for an induction, please contact a NSLC Staff Member.

Using Free Weights

Free-weights are to be used in the designated area only, which is clearly marked. They are NOT to be added to machines or to increase the weightstack as it is unsafe to do so.

Use of Dumbbells

When using dumb-bells, ensure you are comfortable with the weight selected. If in doubt, ask for staff assistance when lifting or if 'spotting' is required then ask other users. When placing the weights back on the floor do not drop them as this will cause damage to the dumbbells which will then be removed from service. Ensure all dumb-bells are placed on racks when not in use.

Fitness Centre Etiquette

The use of the equipment and machines during peak/busy periods i.e., during lunch time or straight before & after shifts should be limited to allow other members access to all the facilities. Please use cardiovascular equipment i.e. treadmills, steppers, rowing machines and cycles for 20 minutes only. Weightlifting machines should be limited to 3 sets per person

Safety

All Fitness Centre Members must use the facilities with care and safety in mind. Caution should be taken not to injure yourself or any other users of the Centre. Broken equipment, accidents and incidents must be reported on the actual day it happens to a NSLC Member of Staff.

Opening Times

Monday– Wednesday 5:30am – 10pm Thursday 5:30am – 12midnight

Friday 5:30am – 2am Saturday & Sunday 9am – 4pm

****SUBJECT TO CHANGE**

LAST ENTRY IS 30 MINUTES BEFORE CLOSE

WE ARE CLOSED BANK HOLIDAYS & NATIONAL HOLIDAY EVENTS

ALSO NISSAN SUMMER AND CHRISTMAS FACTORY CLOSEDOWN

****** Opening times are managed around Nissan staff patterns and associated historical & projected attendances. Occasional closures may occur due to company business, essential maintenance, local & national special events of significance. Closure & limited opening hours may be applied during NMUK closures. 7 days' notice will be given wherever possible at such times that changing rooms may not be available due to activities and events. Changing rooms may not be available during semi-pro football matches

3 CONDITIONS

NSLC accepts no responsibility for personal thefts from the gym. Please ensure you have taken professional medical advice and have had a full induction before using the facilities and equipment. Anyone not following the NSLC Fitness Centre Terms and Conditions as outlined above will be asked to leave the gym. Persistent offenders may also have their membership removed. Fitness staff are available for advice during their working patterns.



NMUK EMPLOYEE APPLICATION FORM

Please complete this form to join Tonic Fitness Centre (you are automatically a member of the Nissan Sports & Leisure Complex) unless opted out.

Your Details

1. Full Name: _____ 2. House Name/Number: _____

3. Street Name: _____ 4. Town/City: _____

5. Post Code: _____

Tel No Home: Mobile:

Shift Information - Days/Office: ☐ Line 1: ☐ Line 2: ☐ Semi Direct: ☐

Department: Sap No. Date of Birth:

Work supervisor: Extension No: Email:

Next of Kin: Contact No: Relationship:

Address if different from own:

..... Post Code:

GP Name: Surgery: Contact No:

Your Health

If you suffer from any medical condition or illness, or are taking any medication, or have not exercised recently, or have any concerns whatsoever as to your current state of health, you must consult your doctor before beginning to exercise at the NSLC Fitness Centre in order to confirm that the exercise you plan to take part in will not have any adverse impact upon your health. By signing this form, you confirm that you have consulted a suitably qualified medical professional for any health-related concerns in order to confirm your fitness to participate in exercise at the NSLC Fitness Centre.

Declaration

I confirm that the information provided above is to the best of my knowledge and that I understand that if there is any change to my health during my participation in exercise at the NSLC Fitness Centre, I must consult my doctor before continuing exercise.

By signing this form, I agree to abide by the Terms and Conditions set out on the reverse.

I hereby authorise the amount of £3.00 per month to be deducted from my salary. I agree to give 3 full months notice to opt out of this membership.

Signature of Applicant: Date:

Please return this form to NSLC (The Club)

Your card should be activated within 5 working days.

For Personnel use only

Date received:

Month effective:

Amount received:

Actioned by: