Do you have any of the following impairments or health conditions?

- Visual Impairment
- Hearing Impairment
- Physical Impairment
- Learning Disability
- Mental Health Condition
- Health Condition

Other: ......................................................................................................................................... ....

What ward area of the town do you live in? E.g. Headland, West View etc

Only to be completed by applicants aged 18+ (Please tick all that apply)

Do you smoke?  Yes  No
- 1 - 10 a day
- 11 - 20 a day
- 21 - 40 a day
- 40+ a day

Do you drink?  Yes  No.  If Yes, how much?
- 1 - 5 units per wk
- 6 - 10 units per wk
- 11 - 20 units per wk
- 20 - 30 units per wk

Have you ever used any of these specialist services? (Please tick all that apply)

- MIND
- Smoking Cessation
- Carers
- Diabetes groups
- One Stop Shop
- Age Concern

Other: ......................................................................................................................................... ....

Declaration
I wish to become an authorised user of Mill House Leisure Centre/The Headland Sports Hall Fitness Suite and undertake and observe all safety precautions. I understand that I use the facilities entirely at my own risk and the staff, Management, Hartlepool Borough Council or any other party involved in the administration of the centre will not be held responsible for any loss or injury sustained.

Signed: ................................................................................................................................... (Participant)
Signed: ................................................................................................................................... (Parent/Guardian)
Signed: ..................................................................................................................................... (Instructor)

1 unit equals
1 small glass of wine
1/2 pint of Beer/Lager/Cider
25ml spirit measure

Session Prices
- Adult Member £4.00 per hour
- Adult Concessions £2.00 per hour
- Junior Member £2.80 per hour
- Junior Concessions £2.00 per hour

Monthly membership
Start from £30.00 per month
Entrance to the facility will only be granted upon completion of a physical readiness questionnaire and induction process. This will not be waived for any individual or individuals.

Usage will be on a first come first served basis and session are by the hour. During peak times you may be denied access if the capacity has been reached.

You will be expected to participate in an induction before using the fitness suite.

Appropriate indoor training shoes (no black soles, sandals or flip flops) must be worn at all times in the gym. Appropriate clothing must also be worn when using the gym. This requires the participants to be wearing a t shirt/vest or sweatshirt and shorts or tracksuit bottoms. Jeans or trousers will not be permitted.

‘Gym etiquette’ requires the gym users to wipe down a piece of equipment with a towel immediately after use. Paper towels are provided in the gym.

During busy periods, use of a particular piece of cardiovascular equipment must be limited to 20 minutes.

Mobile phones must be turned off at all times, whilst working out in the gym. If you are on call please make reception aware.

Only sports drinks and water are permitted in the gym. No food is allowed.

No kit bags will be allowed to be stored in the gym. Please use the lockers provided in the changing rooms.

‘Gym etiquette’ requires users to put back any equipment after use, this includes swiss balls, free weights, and medicine balls.