



PERSONAL DETAILS AND WAIVER

Name: _____ I.D. Number _____

Email: _____ Cell phone: _____

Address: _____

In an emergency, I would like BUC Fitness to call:

Name: _____ Phone number: _____

WAIVER AND RELEASE LIABILITY

Express assumption of risk: I, the undersigned, am aware that there are significant risks involved in all aspects of physical training. These risks include, but are not limited to falls which can result in serious injury or death; injury or death due to negligence on the part of myself, my training partner, or other people around me; injury or death due to improper use or failure of equipment; strains and sprains. I am aware that any of the above-mentioned risks may result in serious injury or death to me and or my partners(s).

I willingly assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from participation in any activity or class while at, or under direction of BUC Fitness. I acknowledge that I have no physical impairments, injuries, or illnesses that will endanger me or others.

Vehicle risk: BUC Fitness and/or its officers and/or its servants and/or its duly authorized agents or the independent contractors of any of them or the employees of any of them (hereinafter referred to as "the Gym") does not accept or take any responsibility or liability for the safe custody of any of the Gym's clientele's vehicles or articles therein nor for any damage to vehicles, articles therein nor for any injuries or loss to any persons, on the Gym's premises and its surrounds whether as a result of the negligence or even the gross negligence of the Gym or any cause whatsoever including but not limiting the generality thereof collision, fire, theft, rain or hail. All persons using the Gym's facilities and all person's vehicles parked on the Gym's premises by the Gym's members and the visitors of the Gym and all persons utilising any of the Gym's facilities do so at their own risk.

Release: In consideration of the above mentioned risks and hazards and in consideration of the fact that I am willingly and voluntarily participating in the activities offered by BUC Fitness, I, The undersigned, hereby release BUC Fitness, their principals, agents, employees, and volunteers from any and all liability, claims, demands, actions or rights of action which are related to, arise out of, or are in any way connected with my participation in this activity, including those allegedly attributed

to the negligent acts or omissions of the above mentioned parties. This agreement shall be binding upon me, my successors, representatives, Heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of this agreement shall remain in full legal force and effect.

If I am signing on behalf of a minor child, I also give full permission for any person connected with BUC Fitness to administer first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical and or surgical care for the child and to transport the child to a medical facility deemed necessary for the well-being of the child.

Indemnification: The participant recognises that there is risk involved in the types of activities offered by BUC Fitness. Therefore, the participant accepts financial responsibility for any injury that the participant may cause either to him/herself or to any other participant due to his/her negligence. Should the above-mentioned parties, or any acting on their behalf, be required to incur attorney’s fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless BUC Fitness, their principals, agent, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered by BUC Fitness, at the main building or abroad. This includes but is not limited to parks, recreational areas, playgrounds, areas adjacent to main building, and/or any area selected for training by BUC Fitness.

Photography/Video Release: Participants involved in any activities offered by BUC Fitness may be photographed or videotaped during training. The undersigned hereby consents to the use of the photographs and/or videos without compensation, on the BUC Fitness website or in any editorial, promotional or advertising material produced and/or published by BUC Fitness.

I have read and understood the foregoing assumption of risk and release of liability and understand that by signing it obligates me to indemnify the parties named for any liability for injury or death of any person, and damage to property caused by my negligent or intentional act or omission.

I understand that by signing this form I am waiving valuable legal rights.

Name & Surname: _____

Signature of participant: _____ Date: _____

If the participant is under the age of 18:

Signature of Parent/Guardian: _____ Print name: _____

Date: _____

PRE-EXERCISE HEALTH SCREEN

These questions are designed to help us identify any health risks for undergoing an exercise program. Please answer all these as accurately as possible. Please ask if you are unsure about any of these items. Contact us before attending your first session if you have answered "YES" to two of more questions.

PART 1: RISK FACTORS

1. Has anyone in your immediate family suffered from a heart condition?
YES/NO
2. Do you or have you ever been a cigarette smoker?
YES/NO
3. Have you ever had or taken medication for high blood pressure, high cholesterol or high glucose?
YES/NO
4. Do you participate in LESS than 30 minutes of physical activity on 3 or more days of the week? YES/NO

PART 2: SIGNS AND SYMPTOMS

5. Do you ever experience discomfort or pains (constricting, squeezing, burning, heaviness) in the chest, neck or jaw?
YES/NO
6. Do you experience shortness of breath, dizziness or loss of consciousness at rest or at mild exertion? YES/NO
7. Do you ever get swollen ankles?
YES/NO
8. Do you ever experience palpitations (uncomfortable) awareness of your heart beating?
YES/NO
9. Do you experience muscle cramps when walking uphill or upstairs?
YES/NO
10. Do you have any other cardiac or metabolic conditions?
YES/NO

Please provide any additional information relevant to the items above. Please contact us if you are unsure about any of the items in this questionnaire.

Signature of participant: _____ Date: _____

If the participant is under the age of 18:

Name of Parent/Guardian: _____ (Please Print)

Signature of Parent/ Guardian: _____

WELCOME INFORMATION

Welcome to BUC Fitness from all the coaches and staff. We are excited that you chose our facility to transform and challenge your fitness abilities.

Head Coach at BUC Fitness: **Donnovan Swart (Coach – CrossFit Level 1) – Cell: 076 394 3300**

Please follow on to our website www.bucfitness.co.za on the getting started page the “sign up” button to complete your profile for our booking system, You will receive an email with instructions to login and book classes but will only be able to do so if approved by administration.

It is of UTMOST IMPORTANCE that you book your classes for the week, 7 days in advance on the dedicated roster provided. This will assure that enough coaches are present and that there is enough space in each class.

MONTHLY FEES

All monthly fees (subject to change) are payable before the **3rd** of each month. Only EFT or cash payments will be accepted, no cheques or card payments. All new members will sign a **one** month paying contract where after they may give one month's notice for cancellation.

Banking Details:

FNB Business Account – BUC Fitness

Acc nr: 62687246168

Branch Code: 252045

Ref: (Your Name and Surname)

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|--|-----------------|
| • 3 Times a week: | R580 pm |
| • Unlimited: | R790 pm |
| • Couples 3 Times a week: | R990 pm |
| • Couples Unlimited: | R1380 pm |
| • Couples – 1 Unlimited/ 1x3 Times a week: | R1180 pm |
| • Student – 3 Times per week (full time student) | R400 pm |
| • Student Unlimited (full time student) | R600 pm |

Please Note: Saturday Classes are free of charge if you are signed up for one of the abovementioned contracts.

All extra classes (falling outside of your contract) will be charged at R70 per class.

All drop-in classes (no contract just visiting the box with prior Fitness experience) will be charged at R70 per class.

TERMS AND CONDITIONS

1. Each new/existing member signs a minimum paying contract of 1 month, where after they may give 1 months' notice.
2. Should you not commit to the 1-month attendance and adhere to the 1-month notice, you will be held liable for the 2 months of payment.
3. Onramp classes are included in your first month's fees and must be paid in full before attending any class.
4. Onramp classes are subject to completing an Intro session, unless otherwise arranged with a BUC Fitness coach.
5. Kindly note that monthly fees are payable in advance and must be deposited no later than the 3rd of each month.
6. A R100 penalty fee will be charged to your account for outstanding or late monthly fee payments.
7. Only EFT and Cash payments will be accepted. No cheques/Card transactions will be accepted
8. Clients with outstanding accounts will not be allowed to attend classes; until such time that all outstanding fees are paid.
9. All extra classes outside of your current contract will incur additional charges per class.
10. Should you decide to terminate classes, the payment of ONE MONTHS NOTICE (30 DAYS) must be provided. This notice must be written and handed to the BUC Fitness owners.

PLEASE NOTE: YOUR ACCOUNT WILL REMAIN ACTIVE AND ACCUMULATE FEES UNTIL SUCH TIME THAT A LETTER WAS RECEIVED TO GIVE THE APPROPRIATE NOTICE PERIOD OF 30 DAYS.

The Notice Period will be calculated from the date that the letter was received. Unless notice was provided at the end of the previous year you will be held responsible for the account in the New Year.

BUC Fitness reserves the right to cancel the contract with 24 hours' notice should a member be guilty of gross misconduct.

I hereby declare that I have read and understood the full Terms and Conditions of BUC Fitness and by signing this document I agree to the full Terms and Conditions.

BOX RULES

For the Box to run smoothly, there are a few rules that need to be obeyed. It is important that you adhere to these rules otherwise you will be receiving **BURPEE** penalties!

- **No children are allowed** in the immediate training area. We need to respect other members while training and keep the safety aspects at a high standard. An area will be dedicated in which spectators and children can be accommodated. If you bring your children along, please ensure that they have enough toys etc. to play with while waiting for your session to end.
- **You must complete** the warmup on the board, whether it's standard or alternative, before you may start the training session. The coaches have the full right to **deny** any member to take part in the workout if they have not completed the warmup. The warmup is important as it may limit the amount of injuries.
- **No one** can take over the coaching role other than the coaches. If you stay after class and work on a certain movement, please **don't** coach the next class from the side-line.
- **Always** make new members feel welcome! Introduce yourself and help them form part of the community.
- **Please** never drop an empty bar or a bar with 5kg bumper plates. The bumper plates will bend and eventually break. Always consider the safety of yourself and those around you. Refrain from dropping the bar at any weight if it is not necessary.
- **Chalk-o-holics** must please try to use less chalk. Chalk is used for improving your hand grip on the bar, it won't however prevent your hands from ripping. No need to put chalk on your clothes.

- **Never quit** a workout! It is for your own benefit that you finish the workout even if it takes you longer. Never compromise your form to achieve a faster workout time. Every movement takes time, from a sit up to a Muscle up, so never give up on trying to improve yourself.
- **Please be a good sportsman** and don't start packing away your weights while other members in the same class are still busy with the workout. Fitness is the only sport where the loudest cheers are for the last to finish. So please support your fellow members in finishing the workout.
- However, after **all** the members finished the workout, they **must pack away the equipment in the designated** places provided. If you don't clear your weights away, you will receive a **30 Burpee** penalty that you **must** complete before you can join the next training session. The coaches will **deny** you training until you complete your Burpee penalty.
- **The most important of all**, have fun and enjoy Fitness! Don't over think the workouts just enjoy them. That will make you come back for more!