

Junior Gym Health Declaration and Consent Form

This form must be completed by a parent or guardian before a junior member (aged under 16) attends their Gym Induction and begins using the Junior Gym. It supports and does not replace the Be Well Health Commitment Statement, which all members acknowledge when joining.

1. Junior Member Details

Full name

Date of birth

Membership number (if known)

Home Centre

2. Parent / Guardian Details

Full name

Relationship to junior

Contact number

Email address

3. Emergency Contact (if different from above)

Full name

Contact number

Form continues on next page

4. Medical Declaration

Does your child have any medical condition, disability, injury or allergy that Be Well staff should be aware of before they take part in the Junior Gym programme? This may include (but is not limited to) asthma, epilepsy, diabetes, a heart condition, a musculoskeletal issue, or a recent surgery or injury.

No known conditions

Yes — details provided below

If yes, please provide details (condition, any medication, and anything staff should know in an emergency):

Where relevant conditions are disclosed, a member of the Fitness Team will discuss this with you before the induction takes place, and may recommend a Refocus Appointment or additional guidance to support safe participation.

5. Confirmation of Health Commitment Statement

I confirm that I have read and understood the Be Well Health Commitment Statement, and I agree to it on behalf of my child.

6. Parent / Guardian Consent

I confirm that the information provided above is accurate to the best of my knowledge. I consent to my child taking part in the Junior Gym programme, including the mandatory Gym Induction, and I understand that I should update Be Well staff if my child's medical circumstances change.

Parent/guardian signature:

Date:

7. Gym Induction Sign-Off (staff use only)

Induction completed by (staff name)

Date of induction

Staff signature