



GLEN EIRA  
CITY COUNCIL

# Activate Lite program

## — application form and conditions of participation

Surname (Mr/Mrs/Miss/Ms): \_\_\_\_\_

Given names: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (M) \_\_\_\_\_

Date of birth: \_\_\_\_\_

Gender: ☐ Male ☐ Female

Are you currently engaged in any physical activity? ☐ Yes ☐ No

If yes, please describe: \_\_\_\_\_

\_\_\_\_\_

### Emergency contact details

**(Please give details of next of kin who may be contacted in case of emergency.)**

Full name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (M) \_\_\_\_\_

### Health information

When was your last medical check-up?

☐ Yes ☐ No

Have you had any major surgery or injuries during the last three years?

☐ Yes ☐ No

If yes, please state: \_\_\_\_\_

Do you suffer from any medical conditions which may affect your ☐ Yes ☐ No

participation in the program?

If yes, please state: \_\_\_\_\_

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### Class preferences

Please tick which class or classes you would like to attend:

- Fit active: ☐ Caulfield Rec Mon 10:30am ☐ Caulfield Rec Tues 10:30am  
☐ Caulfield Rec Wed 11:30am
- Strength training: ☐ Bentleigh, Monday 9am ☐ Bentleigh, Thursday 9am

#### **Fit Active**

These classes include a light cardio warmer up to music, light jogging or walking, and floor-based exercises designed to improve strength with the help light resistance, flexibility, balance and improve relaxation all to music.

#### **Power and Strength Training**

These classes include a light cardio warmer up and are designed to improve strength through light weight resistance training, improve balance, and help prevent bone fractures from osteoporosis.

### Please read the following exercise advice carefully

Work at a low level on your first visit and concentrate on learning to do the exercises properly. Be sure to limit yourself to a pace at which you can still talk comfortably. If you experience any pain, stop exercising immediately and let your instructor know.

If you suffer any injury, illness or other condition in the future which could affect your participation in the program, please advise your instructor. You may need to provide a further medical clearance before you can resume participation in the program.

For your safety, it is recommended that you wear loose, comfortable clothing and that your footwear is supportive with non-slip soles.

### Conditions of participation in the program

1. I warrant that I have disclosed all existing medical conditions relevant to my participation in the program and agree to make further disclosures in relation to subsequent conditions, injuries and the like, including, but not limited to, changes in existing conditions.
2. I understand that I am solely responsible for making enquiries and determining whether I am able to participate in the program, including by discussing the classes and activities I wish to undertake through the program with my medical professional and obtaining medical clearance to participate in the program. I warrant that I have made all relevant enquiries and obtained all relevant clearances.
3. I agree to obtain additional medical clearances if requested to do so by Glen Eira Leisure staff.
4. I understand that Council may in its absolute discretion request evidence that I have obtained medical clearance to participate in the program.
5. I agree to abide by the exercise recommendations referred to on this form, as well as instructions by Council staff in relation to the program and all relevant conditions of entry and use at Glen Eira Leisure. These terms and conditions can be found at <https://www.geleisure.com.au/>
6. I authorise program instructors to administer first aid and obtain medical advice and/or treatment for me as appropriate. In the event that an ambulance is required, I further agree that I am responsible for any applicable costs.



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**Participant's signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Please return this form as soon as possible to:**

Health and Wellbeing Coordinator

Glen Eira Leisure

200 East Boundary Rd,

Bentleigh East VIC 3165

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## Privacy statement

The personal information requested on this form is collected in order to provide the service or function referred to. Your personal information will only be shared with Council staff who are involved in providing the service or function or with the enforcement of related terms and conditions. You are responsible for informing any third party that you have provided their details to Council on this form. If you would like to access your personal information or amend it, please contact Council's privacy officer on 9524 3333. A copy of Council's *Privacy Policy* is available at [www.gleneira.vic.gov.au](http://www.gleneira.vic.gov.au)