

Sussexsport memberships



By becoming a member you will benefit from great discounts and access to our facilities:

Annual Gold membership

If you want access to the fitness rooms, group exercise classes and racket sports facilities at both peak and off peak times, this is the membership for you. You get:

- unlimited fitness room use at all times of the day
- a fitness room introduction
- one fitness programme
- unlimited group exercise classes*
- free court hire for all racket sports
- 10% discount on courses
- and up to two-weeks advance bookings including online.

3 month Gold membership

If you want a short term membership which is valid for 13 weeks and gives you access to the fitness rooms, group exercise classes and racket sports facilities at both peak and off peak times, this is the membership for you. You get:

- unlimited fitness room use at all times of the day
- a fitness room introduction
- one fitness programme
- unlimited group exercise classes*
- free court hire for all racket sports
- and up to two-weeks advance bookings including online.

Annual Silver membership

If you want access to the fitness rooms and racket sports facilities at off peak times only and group exercise classes this option is for you. You get:

- unlimited fitness room use at off peak times (payment required for usage at peak times)
- a fitness room introduction
- one fitness room programme
- unlimited group exercise classes*
- Free court hire for all racket sports at off peak times (payment required for usage at peak times)
- and up to ten days advance bookings including online.

Annual Bronze membership

If you want discounted access to our sporting facilities this is the membership option for you. You get:

- discounted access to facilities (for details refer to our price list)
- a free fitness room introduction
- up to one-week advance bookings including online.

Non-members

You can still access our facilities and classes as a non-member by paying full prices when you book. As a non-member you can book facilities up to 5 days in advance and you will also need to pay a guest fee if playing sports with a member.

Which membership category do I belong to?

The membership prices differ depending on whether you are a student, staff, alumni, or member of the public. Depending on which category you fall into you may need to show ID when you sign up for memberships.

Student – must be on a full or part-time programme at the University of Sussex (proof of student status will be required)

Staff – must be a full or part-time member of staff at the University of Sussex (proof will be required)

Alumni – ex-students and retired staff of the University, external students, affiliated companies linked to the University (proof will be required)

Public – all community users.

Benefits of memberships

As well as benefiting from great discounts, as a member you will be able to book a fixed number of courts/places online for racket sports and group exercise classes subject to availability**. You must be a member to benefit from reduced rates and preferential booking rights for facilities. Otherwise non-member fees apply.

You will get longer advance booking rights*** and group exercise classes will be available to book more than one day in advance. All other facilities, such as indoor football and basketball, can still be booked in person or over the phone and the same booking rights apply.

* Number of classes/courts booked at any one time are limited to 10 for gold members, 7 for silver members and 5 for bronze members.

** Members can only book a maximum of a double session on one court or one place on each class per day.

*** Dependent on your membership options.

Contact details

Sport Centre **Falmer Sports Complex**
T (01273) 678228 T (01273) 877125

E sussexsport@sussex.ac.uk

W www.sussexsport.com

F <http://www.facebook.com/sussexuniversitysport>

T <https://twitter.com/sussexunisport>

Membership form

Please fill in appropriate sections below.

Membership type

- Year Gold
 Silver
 Bronze
 3 Month Gold
 Course Non-Member

Category

- Student
 Staff
 Alumni
 Public
 Int. Student

Year*

- 1st
 2nd
 3rd
 4th
 P/G

- Mr Miss Ms Mrs

Name _____

Address _____

Postcode _____

Tel home _____

Tel mob _____

Email _____

Date of birth _____

Stu/Staff no. (if applicable) _____

- Living on campus Living off campus

How did you hear about us?

- Sussexsport website
 University website
 Yellow Pages
 Word of mouth
 Existing member
 External advertising
 Newspaper publication
 Other (please state)

What activities are you interested in?

- Group exercise classes
 Courses
 Fitness room
 Badminton
 Squash
 Table tennis
 Tennis
 Basketball
 Football
 Hockey
 Volleyball
 The therapy room

- Option one** – I agree by choosing **option one** that I wish to have an introduction to the fitness room.

- Option two** – I agree that I am choosing **option two** and I waive my right to an introduction. I understand by doing this I will use the fitness facilities at my own risk.

Office use only

Membership no.	Category	Joining fee	Monthly <input type="checkbox"/> 3 months <input type="checkbox"/> Annual <input type="checkbox"/>	Annual fee
Monthly fee	Method for part payment	Total paid	Taken by	Date

Physical Activity Readiness Questionnaire (PAR-Q)

At Sussexsport, we believe that regular physical activity is fun and healthy. Being more physically active is normally safe for most people, however, some people should check with their doctor before they start becoming more physically active.

The PAR-Q will highlight any issues which we advise you to check with your doctor before you begin exercising.

Common sense is your best guide when answering these questions. Please read the questions carefully and answer each one honestly.

Please tick Yes or No.

Yes No

1. Has your doctor ever said that you have a heart condition?
 2. Do you frequently have pains in your heart and chest?
 3. In the past month, have you ever had chest pain when you were not doing physical activity?
 4. Do you often feel faint or have spells of severe dizziness?
 5. Has your doctor ever said your blood pressure was too high? Are you on any medication for this?
 6. Has your doctor ever told you that you have bone or joint problems, for example back, knee or hip, that have been aggravated by exercise or could be made worse through exercise?
 7. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
 8. Are you over the age of 65 and not accustomed to vigorous exercise?
 9. Are you on any medication that gym staff may need to be made aware of, for example, asthma, diabetes?

No to all questions

If you have answered the PAR-Q accurately, you can be reasonably sure that you can start becoming more physically active, starting slowly and build up gradually.

Yes to one or more questions

If the participant answers Yes to one or more questions their physical condition may not be suitable for taking part in the activity concerned. For safety they should consult a doctor in advance and produce a medical certificate upon enrolment to show that they are physically fit to take part in the activity.

Terms and conditions

1. Student year memberships are not rolling so if you purchase a yearly membership from September onwards it will automatically end on 31 August.
2. Public/Alumni members must give a minimum of 1 calendar months notice if terminating membership and must be a member for at least 3 months before being eligible to cancel membership. If a member joins during a month, the full months fee will be payable.
3. Membership refunds/temporary membership freezes will be at the discretion of Sussexsport management.
4. Members are required to give written notice to Sussexsport of any changes to contact information. We will assume that all correspondence sent by us has been received within 5 working days of mailing.
5. Membership is non-transferable. If another individual uses your card to attempt to gain access to the facilities, Sussexsport reserves the right to terminate your membership without refund.
6. Annual Public & Alumni, Gold or Silver memberships are for 12 months. If paying by part payments each month must be paid regardless of use until Sussexsport receive written notice of cancellation and minimum 3 months has been completed.
7. Staff paying by salary deduction are committed to paying for the full cost of the membership they are purchasing. Cancellations can only be made as per point 3 above or by staff presenting appropriate evidence, i.e. leaving the University.
8. All additional membership benefits (i.e. fitness programmes) are subject to availability and refunds will not be given for sessions that are not taken up.
9. Members are responsible for their behaviour & that of their guests. Inappropriate behaviour may result in termination/withdrawal of membership without refund.

Bookings

1. Failure to present proof of membership may result in a charge of £1.50 being applied (£8 for gym usage), payable before access will be granted to the facilities.
2. A member can only book consecutive time slots, simultaneous slots will not be allowed, members must attend all sessions booked in their name.
3. Membership does not guarantee access to classes/facilities. You must book ahead to reserve your place by booking via the telephone, on-line or at reception.
4. Therapy room and sports injury appointments must be paid for at the time of booking.
5. 24 hours cancellation notice must be given on all bookings regardless of membership type (the therapy room/sports injury clinic require 48 hours notice) otherwise full rates will be charged.
6. Failure to attend bookings or give the necessary cancellation notice will result in arrears for the full cost of booking regardless of membership type. No use of the facilities or bookings will be permitted until all arrears have been paid.
7. If you have booked facilities using your membership and are playing with a non member, a guest fee of £1.50 per person is required. Only members are entitled to membership rates. This does not include the fitness room where higher guest fees may apply.

8. University car parking charges apply for those using the facilities from 9am-5pm Monday to Friday. Members will be required to pay if using the car park between these times and can purchase a permit from either reception.
9. Bronze members can book up to 5 unpaid bookings for group exercise classes, silver 7 and gold 10.
10. You will be denied access to a class if you arrive more than 10 minutes after the class has started.

Force Majeure - If the University is rendered unable wholly, or in part, to carry out its obligations by reason of force majeure, they will give notice and be released from those obligations. Force majeure can also be interpreted to include circumstances beyond the control of the Uni.

Facilities

1. Sussexsport reserves the right to close for any period of time for tournaments/other activities or connection with any repair/alteration/maintenance work. Advance notice of closures will be given where possible.
2. The Sport Centre operates on reduced hours & days during the summer. These will be updated on the web.
3. Appropriate clean clothing and footwear must be worn at all times.
4. Notices and signs displayed around the facilities (indoor and outdoor) must be obeyed at all times.
5. Sussex University cannot accept responsibility for theft/loss/ damage to the property of members, guests or visitors however caused. Property stored in lockers is left at the individuals risk. Any vehicles & contents parked in the car parks are the owner's responsibility.

Fitness Room

1. Please bring your towel at all times. If you have forgotten then we have towels for sale at reception.
2. Please leave bags in lockers. You will be asked to remove any bags found in the fitness room. Padlocks are available for hire or to buy or bring your own.
3. If the gym is noticeably busy, the maximum time on cardio equipment will be 15 minutes. Allow others to use resistance machines between sets.
4. If you need to bring in a mobile please ensure it is on silent and go outside for any conversations.
5. You will always need to bring your ID card with you.
6. Fitness room users must be at least 16 years old.

Courses

1. Refunds will be given 24 hours before a course starts, or if Sussexsport have cancelled the course or participants bring a valid doctors note.
2. To guarantee a place on a course it must be paid for at the time of booking. We cannot 'hold' places.
3. The details you provide us with will be stored on our database and used solely by us to administer your membership. We may contact you from time to time with relevant information or offers.

I have read & agree to the terms and conditions stated above and on the website. The information I have given is a true & valid statement.

Signed.....

Print name.....

Date/...../.....