



**Dorset Recreation Centre  
Membership Application & Agreement**

Name of Member: \_\_\_\_\_

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

Home Phone: \_\_\_\_\_ Business Phone: \_\_\_\_\_

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

**MEMBERSHIP FEES: (HST included)**

CATEGORY	DAILY	10-VISIT	MONTHLY	3-MONTH	ANNUAL
Adult (18-54)	\$5.00	\$30.00	\$30.00	\$78.26	\$125.00
Youth (0-18)	\$2.50	\$20.00	\$20.00	\$52.17	\$75.00
Senior (55+)	\$2.50	\$20.00	\$20.00	\$52.17	\$75.00

**TYPE OF MEMBERSHIP:**

- |                                       |  |   |   |  |
|---------------------------------------|--|---|---|--|
| <input type="checkbox"/> Daily Adult  | <input type="checkbox"/> 10-Visit Adult  | <input type="checkbox"/> 1-Month Adult  | <input type="checkbox"/> 3-Month Adult  | <input type="checkbox"/> Annual Adult  |
| <input type="checkbox"/> Daily Youth  | <input type="checkbox"/> 10-Visit Youth  | <input type="checkbox"/> 1-Month Youth  | <input type="checkbox"/> 3-Month Youth  | <input type="checkbox"/> Annual Youth  |
| <input type="checkbox"/> Daily Senior | <input type="checkbox"/> 10-Visit Senior | <input type="checkbox"/> 1-Month Senior | <input type="checkbox"/> 3-Month Senior | <input type="checkbox"/> Annual Senior |

All of the persons listed herein agree to hold harmless the Dorset Recreation Centre, its principals, representatives and employees from all claims for any and all injuries sustained while participating in sporting or in other activities on the Dorset Recreation Centre's Property. All person listed herein agree to adhere to facility rules and regulations.

**\*\*PARENTS/GUARDIANS\*\* PLEASE NOTE:** D.R.C. is not responsible for the supervision of youth (Under 18 years of age) unless otherwise specified as in specific D.R.C. programmes. Under no circumstance are youth allowed to use the weight room unless accompanied by an adult.

Signature of Member: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Legal Guardian (if member under 18 years of age): \_\_\_\_\_

**Memberships are in effect for 365 days as of the day joined.**

**Membership Expiry Date:** \_\_\_\_\_

Office Use:

Date Payment Received: \_\_\_\_\_  Cash  Chq  Debit  Credit Member # \_\_\_\_\_

DRC Staff Member: \_\_\_\_\_ Par Q Form Complete:  Yes  No

## PAR-Q PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

For most people, physical activity should not pose any problem or hazard. Par-Q has been designed by Health Canada to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of physical activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check the yes or no opposite the question if it applies to you.

Yes	No	Question
		Has your doctor ever said you have heart trouble?
		Do you frequently have pains in your heart and chest?
		Do you often feel faint or have spells of severe dizziness?
		Has your doctor ever said your blood pressure was too high?
		Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise or might be made worse with exercise?
		Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
		Are you over the age of 65 and not accustomed to exercise?

### **If you answered yes to one or more questions....**

If you have not recently done so, consult with your physician by telephone or in person **before** increasing your physical activity.

### **If you answered no to all questions.....**

If you answered Par-Q accurately, you have reasonable assurance of your suitability for exercise.

Informed use of the Par-Q: The Dorset Recreation Centre and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your physician **prior** to physical activity.

Signature: \_\_\_\_\_ Witness: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent or Guardian (if under 18): \_\_\_\_\_