



TAMBORINE MOUNTAIN TRIATHLON CLUB INCORPORATED

16 Beacon Road, North Tamborine, QLD
P.O. Box 229, North Tamborine QLD 4272
info@tmtc.com.au
www.tmtc.com.au
ABN 83 183 862 076

NEW MEMBER APPLICATION FORM 2024 – 2025

Tonia Epstein – President - 0407 600 404
Mikaela Fair – Head Trainer – 0417 608 700
Rod Routh – Membership Officer 0400 456350

PLEASE PRINT CLEARLY

FOB NO: _____ DATE : ___/___/___

Full Name: _____

Address: _____

Phone: _____

Email: _____

Date of Birth: ___/___/___

Doctor & ph. Number: _____

Private Health Cover: _____

Emergency Contact: Name: _____

Phone: _____

FEES: Initial membership fee \$80 once only fee (includes Current annual fee from July 1 to June 30, gym orientation and cost of fob)

Gym Use

Casual visits	\$5 per visit
3 months	\$110
6 months	\$200
12 months	\$360

** Replacement Fob will cost \$20

Direct payment to Westpac BSB 034682 Account 114122 (include your name)

CONDITIONS OF MEMBERSHIP – PLEASE READ CAREFULLY AND SIGN

1. By becoming a member of the Tamborine Mountain Triathlon Club, I am stating that I have read, agree to and will abide by the rules of the T.M.T.C.
2. I agree to sign the register and pay my \$5 each visit (or pre-paid fee).
3. I agree to keep my membership details up to date and pay my annual fee on time.
4. I understand that if I am over 45 or have not exercised for 12 months and or have an existing medical condition, that I am strongly advised to obtain a “clearance for exercise” from a medical doctor before engaging in any exercise programme.
5. Failure to follow conditions 1 to 4 could lead to membership suspension.

Signature: _____ Date: _____

LEGAL DECLARATION: Tamborine Mountain Triathlon Club Inc. also known as T.M.T.C.

In consideration of the acceptance of membership, with the Tamborine Mountain Triathlon Club (T.M.T.C.) with the aim of using the T.M.T.C. clubhouse facilities at 16 Beacon Road I, for my heirs, executors and administrators, release and forever discharge the T.M.T.C. committee, inclusive of the President, Vice-President, Treasurer, Secretary, Membership Officer all other Office bearers, participating trainers and its servants and agents of all liabilities, claims, damages, costs or expenses which I may have against them arising out of, or in any, of the above parties.

I hereby acknowledge that I have sole responsibility of my personal possessions.

I hereby certify that I have not participated in a fitness appraisal at the Tamborine Mountain Triathlon Club and do not hold this organisation responsible for any personal injury, loss or damage which may occur as a result of my attendance at the Tamborine Mountain Triathlon Club. I hereby acknowledge that his declaration is for the complete duration of my membership.

Print name:

Signature:

Date:

Tamborine Mountain Triathlon Club Health Questionnaire

Tick Box

Details

- Have you suffered or have a **Heart condition / Angina**?

- Do you have or have you suffered from **Diabetes**?

- Do you have or have had **Epilepsy**?

- Do you have a **high or low blood pressure**?

**Please provide us with a recent Blood Pressure Reading: _____

- Do you have a **high cholesterol**?

**Please provide us with a recent Cholesterol Reading: _____

- Any other relevant health conditions we should know?**

- Are you pregnant? **Yes or No**

- Do you have **Back** problems?

- Do you have **Neck** problems?

- Do you have **Shoulder** problems?

- Do you have **Hip or Knee** problems?

- Any other **Joint** problems?

IF YOU ARE OVER 45 OR HAVE NOT ENGAGED IN A REGULAR EXERCISE PROGRAM IN THE LAST 2 YEARS, PLEASE CONSULT YOUR DOCTOR AND HAVE THEM COMPLETE THE SECTION BELOW:

Doctors support: I declare _____ (patient name) is fit to undertake unsupervised exercise at The Tamborine Mountain Triathlon Club. IN light of their health conditions and medications, I have recommended the following to them:

Name of Doctor _____ Signed by Doctor _____

Date: _____

Tamborine Mountain Triathlon Club Orientation
(TMTc TRAINER to complete, Trainer & new member to sign below)

CHECK LIST

- Membership card/receipt & copy of TMTc rules given to new members
- Key Protocol explained
- Importance of signed the register
- \$5 payment unless pre-paid
- Lights and fans
- Windows and door locked correctly
- Power on/off to all Cardio equipment
- Use of towel on equipment
- Returning weights, dumbbells etc.

- TECHNIQUE** correct technique

CARDIO EQUIPMENT

- Bikes
- Treadmills
- Ellipticals
- Rowing Machine
- Boxing/ use of gloves
- Stretch mats
- Ab machines

STRENGTH TRAINING EQUIPMENT

- Leg Press
- Lat machine and cable machine
- Smith Machine
- Bench Press
- Assisted Dip and Chin up Machine
- Adjustable benches
- Bars/ Dumbbells

Trainer Name _____

Date _____

Trainer Signature _____ Comments _____

“I _____ acknowledge that the above checklist has been explained to me to my satisfaction. I understand that I should only use the equipment in this facility within the limits implied by the information provided in the Health Questionnaire overleaf, and recommended by the trainer. I acknowledge that my decision to use the equipment is an informed decision and I take responsibility for how I use the equipment.”

Member Signature _____ Date _____