

RIVERSIDE FITNESS SUITE

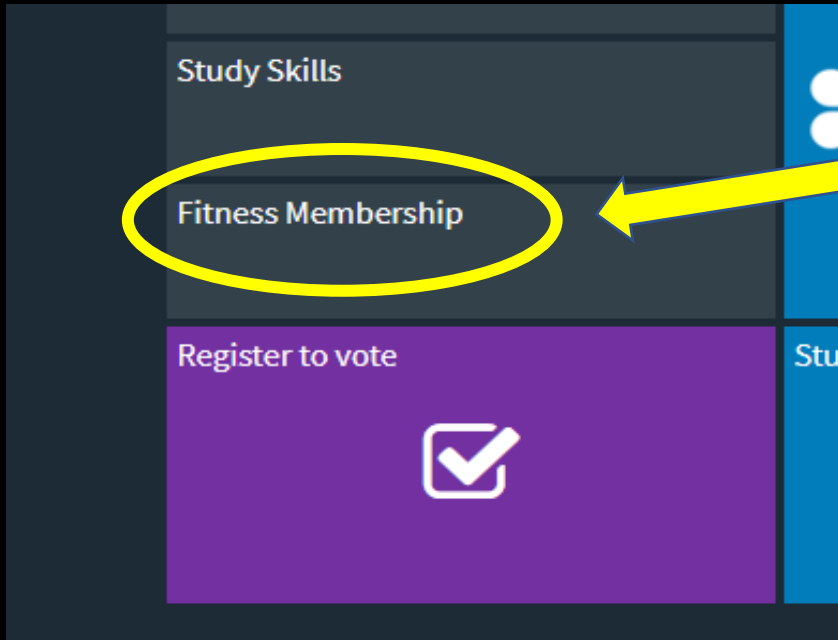


@Riversidefitnesssuite

- Free to all students living in University accommodation!
- Sign up via the Fitness Membership link on your MyDay Page & watch the induction video (In-person gym inductions also available)
- Wide variety of brand-new resistance machines, cardiovascular equipment and free weights
- Individualized training programmes, 1-2-1 sessions and classes are available with our qualified fitness instructors
- For more information & updates on services, opening times and price lists visit our website: <https://www.worc.ac.uk/about/academic-schools/school-of-sport-and-exercise-science/sport-and-exercise-science-facilities/riverside-centre/riverside-fitness-suite.aspx>

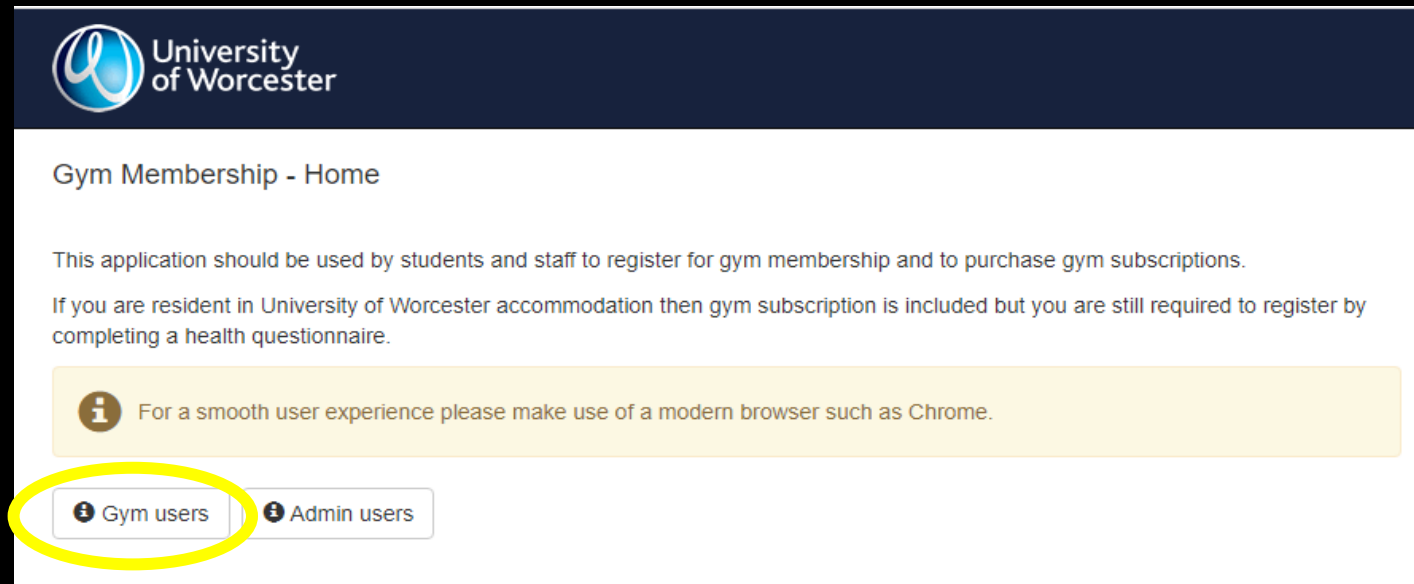


Students - How to sign up



1) Log on to MyDay and select the Fitness Membership Tab

2) Select the Gym Users option



Students - How to sign up

University of Worcester My Membership My Subs My Preferences

Induction

Before continuing with your gym registration please consider whether or not you have the level of experience to safely use the University's gym equipment - short inductions to the gym are available and are recommended. Please contact riversidefitnesssuite@worc.ac.uk for more information about booking a place on a gym induction.

All gym users MUST watch the gym's [induction video](#).

I confirm that I have watched the gym's [induction video](#).

I confirm that as a user of the University of Worcester's commercial gym equipment I am fully aware of the potential risks of using such equipment. I therefore waive my participation in a fitness suite induction and I do so on the understanding that I will not hold the University or any of its representatives responsible for any subsequent injury, ill-health or loss of life due to my voluntary withdrawal from the induction process.

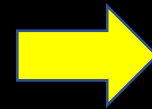
Or...

I confirm that I have completed an induction to the University of Worcester's gym.

3) Watch the Gym Induction Video & Confirm



4) Complete the General Health Questionnaire



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Declaration

I, have read, understood to my full satisfaction and completed this form. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes.

Data Protection

We are requesting this information from you so that we can assess your suitability of participation in physical activity programmes offered at the McClelland Centre for Health & Wellbeing.

For the same purpose we may provide this information about you to your GP or other health care professional where we require medical clearance from them to enable you to participate safely in the physical activity programme of your choice or in an emergency situation.

Please note that the University of Worcester is the Data Controller and details of how we process your data including how long we retain it and your rights are detailed on: <https://www2.worc.ac.uk/informationassurance/data-protection.html>

The processing of this data is dependent upon your explicit consent(GPDR Article 6(1)(a) & Article 9(2)(a)).

I consent to my personal information being processed in accordance with the purpose identified on this data collection form.



5) Complete the Declaration & you are ready to train!