

Terms & Conditions

I understand the rules and regulations to train at the ironworks gym and I will train in a safe and respectful manner.

I will not put myself or any other member at risk of harm or injury.

I confirm I do not suffer from any undisclosed illness or injury.

I understand that if I am under the age of 18, I take full responsibility for my actions inside the gym and have parental permission to train in this facility unsupervised.

I understand that I will not leave any personal possessions on site and agree that my belongings may be disposed of.

Training at your own risk, ironworks will not be responsible for any injuries sustained.

Member Medical Declaration

I understand that all the information I have given is correct and to the best of my knowledge.

I am in good health and not knowingly incapable of engaging in either active or passive exercise and that such exercise would not be detrimental to my health, safety, comfort, well-being or physical condition.

I understand that the club cannot accept or is liable for the loss of property or injuries sustained whilst on the premises.

A small risk always exists when taking any form of exercise and that a health problem or weakness may become apparent and could conceivably lead to injury, illness or fatality.

It is strongly recommended that I should refer to my GP for advice before starting training. I agree to inform the staff of any changes to my health if they occur.



The Ironworks Gym, 387 Old Road, Clacton-on-Sea, Essex, CO15 3RJ