

CIVIL SERVICES OFFICERS' INSTITUTE

Vinay Marg, Chanakyapuri, New Delhi-110021
Tel: 2419530, 26111090

S.No.

Affix Recent
Passport size
Photograph
here

Please submit two
Photographs in addition

GYM APPLICATION FORM

Name (Member/Spouse/Dependent).....Membership No.....

Date of Birth.....Weight.....Height.....

Sex.....Age.....Married/Single.....Blood Group.....

Residential Address.....Office Address.....

Telephone No. (Mobile)..... (Res.).....

E-mail of Applicant.....

Purpose of using the facility:-

a) Weight Reduction

d) Body Building

b) Body Shaping

e) Relaxation

c) Improving Life Style

f) General Well Being

Health Profile (self-declaration):-

Heart Problem (Yes/No).....

Blood Pressure

Diabetes Level

Any pain in your Bones/Joints such as Arthritis etc.?

Are you under Medical advice for stress related activities?

Any other issue you wish to highlight.....

(Notes: Above is to identify any medical problem or special needs required by the member)

Duration (Monthly/ Quarterly/ six monthly/yearly)

Mode of Payment (Cheque/Digital /CC or Debit Card)

Receipt/Voucher No.....Amount Rs.....

Valid From Valid Up to

Signature of Applicant

Mobile number:

RULES & REGULATIONS

Fitness Certificate from MBBS Doctor (Mandatory)

Certified that Mr./Mrs./Miss S/o, D/o, W/o.....
R/o was examined by me. He/ She is not suffering from any communicable disease, allergy or from any such disability which may render him/her unfit for Gym. **He/ She is fit for Gym.**

Date: -----

Doctor

Stamp & Signature

TIMING OF THE GYM FACILITY. *Morning* - 6.30 – 10.30 AM *Evening* - 4.00 – 8.00 PM.

Exclusive timings for Ladies only *Morning* - 8.30 – 9.30 AM *Evening* - 4.00 – 5.00 PM

FEE STRUCTURE

1. GYM- ₹ 700/- per person, per month throughout the week for max 1 hour (**Gym closed at CSOI, VM on Tuesday & CSOI Holidays; At CSOI, KG Marg on Mondays & CSOI Holidays**).
2. Daily charges for Member/Spouse/ (Dependent (Age -16-21 yrs.) - ₹ .100/- /Person/ Day, for one hour only.
3. **Family** - Member, Spouse and dependent children between 16 years to 21 years including adopted children only will be considered for use of gym facility as family.
4. Member bringing along a guest to pay @ ₹ Rs.300/-/Person/ Day for one hour only + ₹25/- as guest charges per visit. Children of member (>21 yrs) may be allowed to utilise Gym facility on monthly basis, as guest at either location for one hour per day, on payment of ₹ 2000/- as Gym Charges including GST(18%).
5. Further Member/ Spouse/ Dependent may also avail of periodic non-refundable membership as follows:-
Monthly- ₹ 700/- ; Quarterly- ₹1,900/-; Six monthly - ₹ 3,700/- & Yearly - ₹ 7,200/-

ADMISSION & CONDUCT

1. Mandatory for members to show the soft copy of the Gym Membership card to the Security Staff & Trainer and then sign in the Gym Register on entry in the Gym facility.
2. CSOI reserves the right of admission (refuse/renew the membership) for Gym.
3. The management also reserves the right to change timings and admission charge for use of Gym facilities.
4. Membership of Gym can be cancelled for any misconduct by the member/spouse/dependents.
5. No item of Institute property will be taken out from the premises by the member / spouse/ dependent under any circumstances.
6. If the applicant member decides to terminate the membership before the end of duration, no refund shall be admissible and the balance fee shall be forfeited.
7. Lost membership cards will only be replaced against a fee of ₹.100/-(Rupees One Hundred Only).
8. Members may avail facility of locker on first come first serve basis (subject to availability).
9. Consumption of **FOOD & BEVERAGES** inside the Gym facility is strictly prohibited.
10. To wear proper Gym Attire with Athletic Shoes Only. Heavy Boots /Sandals or Bare Foot Entry is also prohibited inside the Gym.

ADVISORY: SAFETY GUIDELINE FOR USE OF GYM AT VINAY MARG AND K G MARG:-

1. Member/ Spouse/ Dependent and the accompanied guest have to follow notified safety guidelines for the prevention of spread of corona virus and also for safety of other members using the facility. **Kindly show your vaccination proof before entering the gym for use.**
2. Persons above 65 years of age with co-morbidities, Pregnant Women and Children below the age of 16 yrs. are not permitted to visit and use Gym.
3. Covid symptomatic persons are advised to refrain from visiting CSOI.
4. Maintain Social Distance of 6 feet at all times with the proper use of Face Mask and regular hand hygiene within the CSOI Premises. Post thermal screening, hands to be sanitised with sanitizer from dispenser placed at different locations of CSOI.

INDEMNIFICATION UNDERTAKING:-

I represent that I have answered all the questions correctly and take full responsibility of its accuracy. I further represent that I have been duly informed of all treatments and exercise facilities offered by CSOI and have inspected equipment thereof. I have read all rules and regulations of operations in the Gym facility at Vinay Marg, Chanakyapuri.

I also represent that all exercises, treatment and use of all the facilities shall be undertaken by me at my own risk and I am in good physical condition to perform /take on any and all physical exercise.

I also agree to indemnify CSOI /Staff/ Agents/Gym employees from any claims or demands arising out of any injury to my persons or damage to my property in connection with the use of the services and equipment provided by CSOI during the course of my visit to the CSOI premises/ Gym.

*All disputes are subject to Delhi jurisdiction only.

Name of Applicant _____

Date & Place:

Sig of Member Signature

Mobile: -----