

# WOODBANK FITNESS CENTRE

Woodbank Membership Access Card Application Form:

## Pensioner, Deferred Pensioner, Spouse/Partner or Youth of Shell Pensioner



### PENSIONER/DEFERRED PENSIONER'S INFORMATION

FIRST NAME:	SURNAME:
EMAIL:	
HOME TEL:	MOBILE:
DATE LEFT COMPANY:	SHELL PENSION NUMBER:
SHELL PENSION STATUS (PLEASE CHECK APPROPRIATE BOX)	
ACTIVE <input type="checkbox"/>	DEFERRED PENSIONER (*SEE DEFINITION OVERLEAF) <input type="checkbox"/>

### SPOUSE/PARTNER'S INFORMATION

FIRST NAME:	SURNAME:
EMAIL:	
HOME TEL:	MOBILE:

### YOUTHS INFORMATION

Youths between the ages of 16-21 who are in full time education, and would like to use the facilities independently please complete the section below and attach proof of full time education. Children under the age of 16 cannot use the gym, no card issued.

FIRST NAME	SURNAME	DOB	MOBILE	EMAIL

When returning your completed form, please include proof of active pension if applicable. For example Pensioners Association Card or cover letter from Shell Pensions. We cannot issue membership cards without this. Pensioner, Spouse/Partner, Youth members will be contacted to arrange a photograph and will receive a Woodbank access card which will enable access to the Woodbank sports and hotel facilities. Meals and court fees are payable separately.

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## (PAR-Q) - Woodbank Sports Centre

Please answer YES or NO to the following questions:

Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?

YES  NO

Do you feel pain in your chest when you do physical activity?

YES  NO

Do you lose balance because of dizziness or ever lose consciousness?

YES  NO

Do you have a bone or joint problem (e.g., back, knee, or hip) that could be made worse by a change in your physical activity?

YES  NO

Is your doctor currently prescribing medication for your blood pressure or heart condition?

YES  NO

**If you answered YES to any question:**

Consult with your doctor to ensure safe participation in physical activity.

**If you answered NO to all questions:**

It is reasonably safe for you to participate in physical activity, gradually building up from your current ability level.

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**\* DEFERRED PENSIONER: LEAVING ON REDUNDANCY/SVS AFTER 2013.  
MEMBERSHIP GRANTED ONCE VERIFIED BY HR ACCOUNT MANAGER**

### Deferred Pensioner - Line Manager Information

LINE MANAGER NAME:

REF IND:

EMAIL:

Spouse/Partner, Youth members will be contacted to arrange a photograph and will receive a Woodbank access card which will enable them to utilise the Woodbank sports and hotel facilities. Meals, classes and court fees are payable separately.

### ACCESS CARD CHARGES

PENSIONER (IN RECEIPT OF PENSION)  
OR DEFERRED PENSIONER:

**£10 one-off charge**

SPOUSE / PARTNER:

**£10 one-off charge**

YOUTH (16 – 21 YEARS):

**£10 one-off charge**

**Total Payment Due £**

The following memberships are also available to your family, however, a separate form requires to be requested:  
1st Filial (Brother, Sister, Son, Daughter, Mother, Father of Shell Employee) –  
£150 per Individual or £250 with Spouse Annually

### PAYMENT DETAILS

Payment can be made by credit/debit card or cheque (payable to **SODEXO LTD**)

I WISH TO PAY MY FEES BY:

CREDIT / DEBIT CARD:

CHEQUE:

If Credit/Debt Card has been ticked our team will call you in the next few days to take card details over the phone.

Please return form to:

**Woodbank Membership,  
North Deeside Road, Pitfodels,  
Aberdeen,  
AB15 9PN**

### DATA PROTECTION:

Contact details provided will be used for membership correspondence and promotional information about Woodbank only, and will never be shared with any third parties.

Please check this box if you do not wish to receive promotional information regarding Woodbank.

You have the right to request access to and amend the personal data we hold about you.

Should you cease to be eligible for Woodbank membership, any personal data about you held by us will be erased.