

HEALTH COMMITMENT STATEMENT



Your health is your responsibility. The management and staff of this organisation are dedicated to helping you take every opportunity to enjoy the facilities that we offer. With this in mind, we have carefully considered what what we can reasonably expect of each other.

OUR COMMITMENT TO YOU

We will respect your personal decisions, and allow you to make your own decisions about what exercise you can carry out . However, we ask you not to exercise beyond your own abilities.

We will make every reasonable effort to make sure that equipment and facilities are in a safe condition fo you to use and enjoy.

We will take all reasonable steps to make sure that our staff are qualified to fitness industry standards.

If you tell us you have a disability which puts you at a substantial disadvantage in accessing our equipment and facilities, we will consider what adjustments, if any, are resonable for us to make.

YOUR COMMITMENT TO US

You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with you exercise safely, before you use our equipment and facilities you should get some advice from a medical professional.

You should make yourself aware of any rules and instructions, including warning notices. Exercise carries its own risks. you should not carry out any activities which you have been told are not suitable for you.

You should let us know immediately if you feel ill when using our equipment of facilities. Our staff member are not qualified doctors, but there will be a person available who has had first-aid training.

If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.