

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

## Our commitment to you

1. 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 what you consider to be your own abilities.
2. We will make every reasonable effort to make sure that our equipment and facilities are in a safe condition for you to use and enjoy.
3. We will take all reasonable steps to make sure that our staff are qualified to the fitness industry standards as set out by the Register of Exercise Professionals.
4. If you tell us that 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 reasonable for us to make.

## Your commitment to us

1. 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 exercising safely, before you use our equipment and facilities you should get advice from a relevant medical professional and follow that advice.
2. 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.
3. You should let us know immediately if you feel ill when using our equipment or facilities. Our staff members are not qualified doctors, but there will be a person available who has had first-aid training.
4. If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

This statement is for guidance only. It is not a legally binding agreement between you and us and does not create any obligations which you or we must meet.

# Health commitment statement further information

If you have a medical condition which requires specialist fitness support we will endeavour to provide this. If however it is not possible for us to do so at the centre you've selected for activity, you are still able to use the facilities by following and adhering to the advice below:

- ✔ Know your limits – do not over exert yourself
- ✔ Don't exercise when you are unwell
- ✔ Ensure you have taken any prescribed medication in accordance with your medical professional's advice
- ✔ Stay hydrated – take time to rest and drink during activity sessions
- ✔ Eat a snack or small meal 2-3 hours before exercising

In accepting these terms I confirm that I have read and understood the Health Commitment Statement.

I agree not to use any item of exercise equipment without receiving full instruction beforehand, in its use, from a member of the fitness staff. I am aware that physical activity can be hazardous and there is a risk involved.