

Health Commitment Statement

SIR BEN AINSLIE
**SPORTS
CENTRE**



As an individual, you are responsible for your own health and wellbeing. The management and staff at The Sir Ben Ainslie Sports Centre are committed to helping you enjoy being physically active and 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. You are entitled to an optional free gym induction. However we expect you to be able to use the gym equipment safely, correctly and without supervision.
5. 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. Whilst a gym induction is not mandatory, if you choose not to complete a gym induction, you must ensure you are fit to use the gym facilities without doing so.
 3. 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.
 4. 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.
 5. Members are requested to promptly report any damage caused or observed to any equipment for health and safety purposes.
2. If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

You must not participate in exercise, unless you have signed consent from your GP, if any of the following apply to you:

- You are pregnant
- You have severe osteoporosis
- You have a severe heart condition
- You have acute thrombosis
- You have a pacemaker
- You have cancer

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.