

# Health Commitment Statement

Year: 2024 | Version: 1.2



We are dedicated to helping you take every opportunity to enjoy the equipment and 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 choice, 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 take reasonable steps to make sure that our equipment and facilities are clean and safe for you to use and enjoy for the normal purpose they were intended for. Bear in mind that we are not able to clean or inspect equipment and facilities after each use, however sanitiser stations are available for visitors to use.
3. We will take steps to make sure that our staff are appropriately qualified.
4. If you tell us you have a disability that puts you at a substantial disadvantage in terms of accessing our equipment and facilities, we will consider which adjustments, if any, are reasonable for us to make.
5. If you are the parent or guardian of a Junior Member aged 11-15 years you will need to book them in for an introduction with a member of our gym team, if they would like to use more than one gym they'll need an introduction at each location.

## Your commitment to us

1. Do not exercise beyond your own abilities, if you are unsure how to use equipment or complete an exercise speak to a member of our team. If you know or are concerned that you have a medical condition that might interfere with you exercising safely, you should get advice from a relevant medical professional before you use our equipment and facilities, and follow it.
2. Make yourself aware of any rules and instructions, including warning notices, and follow them. Exercise carries its own risks. When you are exercising, you are responsible for the risks involved. You should not carry out any activities that you have been told are not suitable for you. We're here to help, please book in with a member of our team for exercise advice.
3. Let us know if our equipment or facilities are unsafe to use or if you feel ill when using our equipment or facilities. Our staff members are not qualified doctors, but there will be someone available who has been trained in first aid.
4. If you have a disability and require assistance, please let us know. A carer or nominated person is welcome to attend with you to assist you.
5. If you are the parent or guardian of a Junior Member aged 11-15 years they will need to book and attend an introduction with a member of our gym team and subsequently follow all advice given. If they would like to use more than one gym they'll need an introduction at each location. The parent or guardian of the Junior Member is ultimately responsible for the Junior Member conduct when using the facility. For further Junior specific activity advice please contact a member of the team.