

## **HEALTH COMMITMENT STATEMENT**

**PLEASE CAREFULLY READ THE INFORMATION BELOW AND UPON COMPLETING YOUR MEMBERSHIP APPLICATION, BOOK YOUR ACTIVATION APPOINTMENT AND INDUCTION/PROGRAMME REVIEW.**

Your health is your responsibility. The management and staff of Active4Today Ltd and Southwell Leisure Centre 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. Customers **MUST** follow the fitness suite and fitness classes 'guides to training'. These are located within or outside the facility.
3. We will take all reasonable steps to make sure that our staff and freelance instructors are qualified to fitness industry standards.
4. If you tell us that you have a disability that 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, and follow them. Exercise carries its own risks. You should not carry out any activities that you have been advised are not suitable for you.
3. You must be aged 16 years or above to use the free weights equipment and you must consult the on-duty fitness instructor prior to use.
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. 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 that you or we must meet.**

### **What's next?**

You will be prompted to agree to the points raised in this health commitment statement and you can then complete your membership application.

Once you have completed the application, go back to the online booking area and book your Membership Activation appointment and, if you are joining a membership which includes access to the Fitness Suite, Induction/Programme Review appointment. At the Activation appointment, you will be issued with a membership card or wristband and shown the facilities on offer. The induction/programme review appointment will be with a Fitness Instructor who will identify your fitness goals and develop a fitness programme to help you to achieve them.

Thank you