

USER COMMITMENT



- You must understand our policies regarding personal risk when using our facilities. We ask that you please respect our policies that are designed to ensure your safety and enjoyment.
- You must know that physical exercise is a high risk activity. Any exercise that you undertake in our facility is done at your own risk. We please ask that you consult with a member of staff before engaging in physical activity in our facilities.
- You must not carry out any activity that you have been instructed not to do.
- If you have a medical condition that may affect you when exercising, you should consult with a medical profession before undertaking exercise.
- If you have a disability then we ask you to adhere to our health and safety instructions, these are in place to keep you safe whilst exercising.
- If at any point you feel unwell, we please ask that you inform a member of staff.

HEALTH CLUB COMMITMENT

- We will ensure that the facilities including fitness area, wetside areas and changing facilities, are safe and maintained at an acceptable level.
- We will ensure all equipment in the club is in a safe and acceptable condition for use.
- We will ensure all staff are qualified to the fitness industry standard.
- We shall respect the choices of you the user. We will allow you to make own choices regarding the type and intensity of exercise you undertake. We will expect you to exercise only within your own ability. You will not be expected to exercise beyond your means.
- If you report any health issues or medical conditions that may affect your ability to use the club, we will try to cater to those needs.