

# Our Health Commitment Statement

Your health is your responsibility and we want to support you in becoming active through the activities on offer within our leisure centres and with this in mind Fife Sports and Leisure Trust 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 reasonable steps to make sure that our staff are qualified to fitness industry standards and that all our staff maintain their continual professional development and competencies.

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 or instructions, including aware notices, and to follow them. 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.

**Important Safety Information**, we want to ensure your gym visit is as safe as possible, please note the gym is a very dynamic environment where people move and lift.

- ✓ Always attach the red safety cut off stop clip to the waist band of clothing when using the treadmill
- ✓ Use collars at all times when using free weights
- ✓ Wear recognised fitness footwear during your workout
- ✓ Show courtesy and be respectful of other users and staff

*I confirm that I have read and understood this Health Commitment Statement. I agree not to use any item of exercise equipment without receiving full instructions beforehand in its use from an instructor if required. I agree not to participate in any activity if I have not notified my instructor of any existing or new medical conditions. I understand that I exercise at my own risk and I am ultimately responsible for my own general health and welfare.*

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.