

Active Nottingham

Health Commitment Statement

You are primarily responsible for your health and wellbeing and Active Nottingham Flexible Fitness is dedicated to helping you take the opportunity to enjoy the facilities that we offer. With this in mind we have set out what we can reasonably expect from each other below.

Your commitment to us:

- ✓ You will not use your membership facilities beyond your own abilities. To the best of your knowledge and belief you are in good health. If you know or are concerned that you have a medical condition which might interfere with you using the facilities, before you use our equipment and facilities, you will seek advice from a relevant medical professional and follow that advice.
- ✓ You will make yourself familiar with and act in accordance with any rules and regulations, including warning notices. Activity carries its own risks and you should not carry out any activities, which you have been told are not suitable for you.
- ✓ You will 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 is first aid trained.
- ✓ If you have a disability, you must follow any reasonable instructions to allow you to use the facilities safely.
- ✓ All users must follow any reasonable instructions to allow you to use the facilities safely.
- ✓ All users must watch the online facility induction.

Our commitment to you:

- ✓ We will respect your personal decisions and allow you to make your own decisions about what activities you carry out. However, we ask you not to participate in an activity beyond your own capabilities.
- ✓ 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.
- ✓ We accept no liability in the event of an injury resulting from misuse of equipment or failure to participate in an activity within your capabilities.

- ✓ We will take all reasonable steps to ensure that our staff are qualified to the fitness industry standards as set out by Exercise, Move and Dance (EMD) UK.
- ✓ If you inform us you have a disability which puts you at a substantial disadvantage in accessing our facilities, we will endeavour to make reasonable adjustments, to support your activity.

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