

Safe Exercise Policy

Nottingham City Council's Sport and Leisure Service is committed to inspire more people to be more active more often.

With this in mind we operate a Safe Exercise Policy which means whatever your age or ability you can improve your fitness gradually, effectively and safely, so you can have more stamina, strength and suppleness to enjoy life.

We adhere to industry standards and good practice with relation to all sport and physical activities.

How?

- We operate a Gym, Fitness Studio, and sports facility guidance and etiquette guideline
- We offer Screening Guidance
- We operate a Swimming Pool and Health Suite guidance and etiquette guideline
- We ensure all customers taking part in gym sessions or fitness classes agree to our safe exercise policy
- We conduct regular health and safety and maintenance assessments on the facilities and equipment we provide
- If you are accessing our group exercise and group cycle on demand product please make yourself aware of our safe usage etiquette

Screening Guidance

Please read the following before taking part in an activity session

Do you have or have you ever had:

- High/low blood pressure?
- Bronchitis, Asthma or any respiratory condition?
- Diabetes: non-insulin or insulin dependent?
- Any joint pains or joint injuries?
- Any back pains or back injuries?
- Are you currently taking any medication?
- Are you recovering from an operation or illness (illness can be as simple as a cold)?
- Are you currently receiving any treatment?
- Are you pregnant?
- Have you had a baby within the last 2 months?

If any of the above applies to you please inform your Group Fitness Instructor. You are also advised to consult a doctor before participating in any activity.

This Screening Guidance is part of Nottingham City Council's "Safe Exercise Policy" – working to help you improve your fitness safely and effectively.