

## **Terms and Conditions - Health Commitment**

### York Sport Health Commitment

We want you to enjoy using all of the York Sport facilities. Becoming more active is safe for the majority of people however we do recommend that some individuals should consult with their doctor before beginning a new exercise regime.

As an individual you are responsible for your health and wellbeing. The fitness staff within this organisation are committed to helping you enjoy the facilities that we offer. With this in mind, we have carefully considered what we can reasonably expect of each other.

Please read the following questions carefully. If you answer YES to one or more questions. We ask that you talk to your doctor BEFORE you begin using any York Sport facilities and become more physically active.

Please Note: If your health status changes, in the future, leading you to answer YES to any of the following questions please consult with your doctor before continuing your physical activity plan.

1. Do you feel pain in your chest when you exercise?
2. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
3. Do you ever have spells of severe dizziness or do you ever lose consciousness?
4. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
5. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
6. Are you over the age of 40 and not accustomed to vigorous physical activity?
7. Do you know of any other reason why you should not take part in physical activity?

We ask members to not exercise beyond their physical capabilities.

If you are aware of any medical conditions which may affect your health when exercising please speak to a Doctor. We ask you to not take part in any exercises you know you are not suitable for.

We have first-aid trained staff members that work within the facility. If you feel unwell during your time within the facility, please speak to a staff member.

Please enjoy using the York Sport facilities, however make sure you do so responsibly. If you require further information then please speak to a member of the fitness team or ask at reception.

### **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 all reasonable steps to make sure that our staff are qualified to the fitness industry standards as set out by the Register of Exercise Professionals.
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 and instructions. 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. There will always be a person available within our facilities who is first-aid trained.
4. Members are requested to promptly report any damage caused or observed to any equipment for health and safety purposes.