



Health Commitment Statement & Waiver

Our commitment to you:

1. We will respect your personal decisions and allow you to make your own choices about what exercises 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 ensure 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 by our governing body.
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 your exercising safely, seek advice from a relevant medical professional before you use our equipment or facilities.
2. You should make yourself aware of any rules and instructions, including warning notices. Exercise carries its own risks. You should not carry out any activities you have been told are not suitable for you.
3. You should immediately inform us if you feel unwell when using our equipment or facilities. Our staff members are not qualified doctors, but there will be a person available who has first aid training. If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

Waiver

1. I am voluntarily participating in any activities I choose to attend. I recognise that they require physical exertion that may be strenuous at times and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician before and regarding my participation in the above-mentioned activities. I represent and warrant that I have no medical condition that would prevent my participation in the activities.
3. I agree to assume full responsibility for any risks, injuries or damage, known or unknown, which I might incur due to participating in any activities. Such injuries may include but are not limited to heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to the back, injuries to the foot, or any other illness or soreness, including death.
4. I knowingly, voluntarily and expressly waive any claim I may have against the company or instructor whose activity or facility I am attending for injury or damages that I may sustain from participating in any activities.
5. I, my heirs or representatives, forever release, waive, discharge and covenant not to sue for any injury or death caused by negligence or other acts.
6. I have read the above waiver and release of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Birr Leisure Centre "Code of Conduct" and Health and Safety Policy" will apply at all times

PATRONS MUST CO-OPERATE WITH BIRR LEISURE CENTRE STAFF AT ALL TIMES