

# HEALTH AND SAFETY IN THE CLUB

Health Commitment Statement™

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## HEALTH COMMITMENT STATEMENT

Your health is your responsibility. The management and staff of this organisation are dedicated to helping you take every opportunity to enjoy the facilities that we offer. With this in mind, we 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 take reasonable steps 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 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, including warning notices, and 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.

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. Please sign to confirm you have read and understood the above Health Commitment Statement.

Signed	Print Name
	Date

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Expires end of August 2020



## INDUCTIONS (FOR GYM MEMBERS ONLY)

It is a requirement of the Club's Terms and Conditions of Use that, before you begin using the gym, you book onto and attend an induction session or watch the induction video. You are very welcome to book onto an orientation session as well once you have watched the induction video.

We also strongly recommend that, before using any free weights in the gym, you attend a specific free weights induction so that we can discuss with you the proper positioning and techniques to be adopted when lifting weights.

If you require help, assistance or advice in relation to the use of any facilities in the Club, please ask a member of staff, we are here to help.

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I HAVE WATCHED THE GYM INDUCTION VIDEO FOR  
UNIVERSITY OF BIRMINGHAM SPORT & FITNESS

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I WANT TO BOOK ONTO A FREE WEIGHTS INDUCTION

☐

I WANT TO BOOK ONTO A GYM INDUCTION

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I DO NOT WANT TO BOOK ONTO A FREE WEIGHTS  
INDUCTION SESSION AS I AM A COMPETANT WEIGHTS  
USER