

health commitment statement: further information

In signing this form I confirm that I have read, understood the Health Commitment Statement. I consent to freedom leisure processing data relating to me for legal, personnel, administrative and management purposes and in particular to the processing of any sensitive personal data (as defined in the Data Protection Act 1998) relating to me, in accordance with their privacy policy.

I agree not to use any item of exercise equipment without receiving full instruction beforehand, in its use, from a member of the fitness staff. I am aware that physical activity can be hazardous and there is a risk involved.

If I am in any doubt after completing this form, I will consult my doctor prior to commencing physical activity.

Name _____ Date _____ Signature _____

Parent/Guardian signature _____ date _____

Staff witness to above signature:

Name _____ Date _____ Signature _____

I have been offered an orientation but do not wish to take advantage of this. I agree not to use any item of exercise equipment without having received instruction beforehand in its use, from a qualified member of the fitness staff. I am aware that physical activity can be hazardous and there is a risk involved.

Name _____ Date _____ Signature _____

Staff witness _____ Date _____ Signature _____



health commitment statement

Your health is your responsibility and our concern. Freedom Leisure and the staff at this leisure facility are dedicated to helping you take every opportunity to enjoy the facilities that we offer, and to helping you use them safely. 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 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, including warning notices. 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 also 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.

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