

LEISURE CENTRE

HEALTH COMMITMENT STATEMENT

OUR COMMITMENT TO YOU

Our mission is to help build healthier and happier local communities. As part of this, we make the following commitment to you, on behalf of Parkwood Leisure, Lex Leisure, Legacy Leisure and 1Life:

We will respect your personal decisions, and allow you to make your own choices about the exercise you can carry out. However, we ask you not to exercise beyond what you consider to be your own abilities.

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.

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.

We will offer you an induction before you start using our equipment to help you exercise safely.

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

We want to deliver a great experience to you, providing sustainable, high quality, customer led services. To help us do this we ask for the following commitment from you:

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.

If specific advice is given by your medical professional around safe ways of exercising we recommend you share that information with relevant members of our team.

You should make yourself aware of any rules and instructions in and around our facilities, 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.

You should speak to one of our team if there is any equipment which you are unsure how to use. You should also treat all equipment with care and caution, reporting any damage to a member of our team.

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.

If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

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