

Health Commitment Statement for Denbighshire Leisure:

- **We will respect your personal decisions, and allow you to make your own decisions about what exercise you can carry out and activities you enjoy. However, we ask you not to exercise beyond what you consider to be your own abilities.**
- **Please state any previous or current medical condition/treatment you feel we should be aware of before you undertake any activity.**
- **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 take all reasonable steps to make sure that our staff are qualified to fitness industry standards.**
- **If you tell us 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

- **You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition that might interfere with you exercising safely you should get advice from a relevant medical professional and follow that advice before using our equipment, therapies and facilities.**
- **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.**
- **You should notify your instructor of any existing or new medical conditions before you commence an activity.**
- **You should let us know immediately if you feel ill when having treatment, 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 or enjoy your treatment safely.**

Disclaimer

- I understand there is a risk of injury associated with using a fitness suite and I do so entirely at my own risk.
- I hereby assume full responsibility for any and all injuries, losses and damages that I incur while attending, exercising or participating at a Denbighshire Leisure Centre on the basis that I will not be having an induction.
- I am voluntarily participating in these activities and use of these facilities, and assume all risks of injury, illness, or death. Denbighshire Leisure Ltd are not responsible for any loss of my personal property.
- I acknowledge that I have carefully read this "Fitness Suite Disclaimer" and fully understand that it is a release of liability.
- Furthermore, I understand that Denbighshire Leisure Ltd services are non-refundable and non-transferable and have noted the expiration period for such services.
- By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Signature: _____

Date: _____