

Health Commitment Statement

Your health is your responsibility. The management and staff of The University of Cambridge Sports Service 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:

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 abilities.

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 facilitate physical activity.

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:

You should not exercise beyond your own capabilities. 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. You are also encouraged to complete a medical information form, collected from Reception, detailing your conditions and any advice that you have been given by the medical professional, so that we can assist you in the appropriate use of the equipment and facilities.

You should not use any equipment or facilities that you do not know how to use. Inductions are regularly available and should be booked by you at reception if you require any assistance.

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.

You should inform a relevant member of staff if you feel ill or are injured before, during or after participating in any physical activity. 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. Please note, if you disclose a medical condition, it may be necessary to consult with your Doctor before using the facilities.

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 agree that you have read and understood this Health Commitment Statement.

Member Name Signed Date...../...../.....