

Health Statement

enjoyleisure is dedicated to help you to enjoy the facilities that are available to you.

We will make every effort to ensure that the facilities on offer are cleaned and maintained to a standard for safe use and enjoyment. For the benefit and safety of our customers, we provide guidance for the safe use of our facilities. We ask everyone to read and abide by these guidelines.

enjoyleisure can advise you on the activities available within our centres. Through our induction and supported courses, we can direct you on safe use of the equipment within our facilities.

Our qualified staff can encourage, support and motivate you to participate in recommended activities. We will not ask you to exercise beyond what you consider to be your own abilities.

Exercise carries its own risk. It is your responsibility to ensure that you can safely and comfortably exercise without risk to your health and overall wellbeing. If you require assistance to make use of any of the facilities, please ask a member of staff.

Your health is your responsibility. You should exercise within your own capabilities.

If you have a medical condition, you should seek advice from a relevant medical professional before participating in physical activity. You should not carry out any activities that you have either been told are unsuitable for you, or would pose a potential risk to your health.

If at any time during an activity you start to feel unwell, cease the activity immediately and inform a member of staff. We have qualified first-aiders on site who can come to your assistance.

If you have a disability, you must follow any reasonable instructions in order to allow you to exercise safely. Should you find that your disability puts you at a significant disadvantage in accessing our facilities, we will consider what adjustments, if any, are reasonable for us to make.

This statement is for guidance only. It is not a legally binding agreement and does not create any obligations which you or we must meet.

June 2016

www.enjoyleisure.com

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