

Your health is your responsibility. The management and staff of this organisation 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

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/illness 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 ask a member of our SRSC Team if there is any equipment which you are unsure how to use.
4. 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/first aid responder.
5. If you have a disability/illness, you must follow any reasonable instructions to allow you to exercise safely.

Customers are required to accept responsibility for their personal, medical and physical condition to take part in SRSC activities including the use of the gym and gym equipment, swimming, jacuzzi and steam rooms. Any assessment undertaken in the facility is for general information only with a view to giving advice and should not be relied on by customers as certifying their fitness or otherwise to the facilities or equipment. SRSC advises all customers to consult with their doctor or medical professional prior to beginning a programme of physical exercise. Regular exercise is associated with many health benefits, yet any change of activity may increase the risk of injury.

Please read each question carefully:

1. Do you have a heart condition and should only do physical activity recommended by a physician?
2. When you do physical activity, do you feel pain in your chest?
3. When you were not doing physical activity, have you had chest pain in the past month?
4. Do you ever lose consciousness, or do you lose your balance because of dizziness?
5. Do you have a joint or bone problem that may be made worse by a change in your physical activity?
6. Is a physician currently prescribing medications for your blood pressure or heart condition?
7. Are you pregnant?
8. Do you know of any other reason you should not exercise or increase your physical activity?

If you answered yes to any of the above questions, talk with your doctor BEFORE you become physically active. Tell your doctor of your intention to exercise and which questions you answered 'yes' to. If at any stage your health changes, resulting in a 'yes' answer to any of the above questions, please seek guidance from a GP.