

If you have a medical condition which requires specialist fitness support, we will endeavour to provide this. If however, it is not possible for us to do so at the centre you've selected for activities, you are still able to use the facilities by following and adhering to the advice below.

ADVICE

- 1  Know your limits – do not over exert yourself
- 2  Don't exercise when you are unwell
- 3  Ensure you have taken any prescribed medication in accordance with your medical professional's advice
- 4  Stay hydrated – take time to rest and drink during your activity sessions
- 5  Eat a snack or small meal 2-3 hours before exercising

Your Commitment To Us

By signing our health commitment statement you are confirming that to the best of your knowledge and belief you are in good health and not knowingly incapable of engaging in either passive or active exercise and by agreeing such exercise would not be detrimental to your health, safety, comfort, wellbeing and physical condition. It is your responsibility to advise us immediately if your health should change, or likelihood of injury.

You are responsible for the safe and considerate use of the equipment contained within our facilities, and should you feel that you require one of our trained staff to induct you on our equipment, then it is your responsibility to book and undertake the induction before commencing use of our equipment for the first time.

Authorisation

By agreeing to this form I confirm that I have read and understood the Health Commitment Statement. I am aware that physical activity can be hazardous and there is a risk involved.

I consent to WV Active and its partners processing data relating to me for legal, personnel, administrative and management purposes. All information you give us will be processed in accordance with the General Data Protection Regulation (GDPR).