

HEALTH COMMITMENT STATEMENT

Your health is your responsibility. The Management and staff of Lucy's Training are dedicated to helping you take every opportunity to enjoy the facilities that we offer. With this in mind, I have carefully considered what we can reasonably expect of each other.

OUR COMMITMENT TO YOU.

- I will offer you guidance as to what we believe is an appropriate fitness regime for you to undertake but I will always respect your personal decisions and allow you to make your own decisions about what exercise/s you believe you are physically capable of undertaking. However, I ask you not to exercise beyond what you consider to be your own abilities.
- I will make every reasonable effort to make sure that our equipment and facilities are in a safe condition for you to use and enjoy.
- I will take all reasonable steps to make sure that our staff are qualified to fitness industry standards.
- I assure you that our staff are qualified to fitness industry standards.

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 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 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 safely.

Please detail any medical conditions or health issues you think may affect your use of the facilities at Escape Your Limits:

GDPR STATEMENT OF COMPLIANCE.

Lucy's Training is committed to protecting your privacy. The confidentiality of all personal and sensitive data I collect and process on your behalf, regardless of the media on which that data is stored, is of paramount importance to us and is safeguarded and protected through the implementation of robust and effective data protection measures which comply with the 2018 General Data Protection Regulation (GDPR).

We guarantee to you that:

- i. Your information will not be shared or sold to any third party without your explicit consent and
- ii. We use state-of-the-art security measures to protect your information from unauthorised users;

TERMS AND CONDITIONS.

1. All customers must sign the Health Commitment Statement before commencing any exercise programme/activity.
2. I understand that I use the facilities at my own risk and I am ultimately responsible for my own general health and welfare.

Signing this form I confirm that I have read, understood and completed this Health Commitment Statement. I agree not to use any item of exercise equipment without receiving full instructions beforehand in its use from an instructor. I agree not to participate in any activity if I have not notified my instructor of any existing or new medical conditions. Furthermore I accept responsibility for any injury that I may sustain as a result of my failure to adhere to the above terms and conditions.

YOUR DETAILS.

Customer Name: _____ Address: _____

(Please print clearly in BLOCK CAPITALS)

Email Address: _____ Customer Signature: _____

Phone Number: _____ Date: _____

Date of birth: _____