

HEALTH COMMITMENT STATEMENT



MY COMMITMENT TO YOU

I will respect your personal decisions, and allow you to make your own decisions about what exercise you can carry out. 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 my equipment and the facilities are in a safe condition for you to use and enjoy.

I will take all reasonable steps to make sure that myself and any other teachers are qualified to the industry standards and have had the relevant training and certifications.

If you tell me that you have a disability which puts you at a substantial disadvantage in participating in the exercise/s, I will consider what adjustments, if any, are reasonable for me to make.

YOUR COMMITMENT TO ME

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 and dancing safely, you should get advice from a relevant medical professional and follow that advice.

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 let me know immediately if you feel ill when participating in the class activities. I am not a qualified doctor, but I have had first-aid training.

If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.