

Health Declaration

Our Commitment To You

We will respect your personal decision, and allow you to make your own decision about what exercise to do or programs to follow. We do however; ask that you do not exercise beyond your limits

We will follow guidelines as set out by the government and HSE: <https://www.hse.gov.uk>

We will complete regular safety checks of our gym equipment and ensure, to the best of our ability, that the equipment is safe to use.

Your commitment To Us

You are advised to undergo a medical examination prior to beginning a physical activity program.

To the best of your knowledge, you are in good health and you are not aware of any injury or illness that will be detrimental to your health.

You agree to inform us of any changes to your health, which may affect your ability to exercise.

Those with diabetes, heart disease, high or low blood pressure and pregnant women should consult with their doctor to check which of the clubs facilities should not be used.

You should always exercise within your own comfort level. Do not exercise beyond your own ability.

You should familiarise yourself with our facilities. If you are unsure how to use a piece of equipment, please ask a member of staff.

Disclaimer of Liability

Neither the proprietor or any of the companies within the Colfes Leisure Services group of companies, or their agents or employee or owner shall be liable for any death, injury and illness to a member or any guest occurring on the clubs premises, except where injury, death, loss, damages, or theft is caused by negligence of the proprietor, its employee's or agents.