



Health Statement

1. I confirm that I do not have a heart condition and have not been recommended medically supervised activity.
2. I confirm I do not have chest pain brought on by physical activity.
3. I confirm that I do not lose consciousness or fall over as a result of dizziness.
4. I confirm I do not have a bone or joint problem that could be aggravated by physical activity.
5. I confirm that my doctor has never recommended medication for your blood pressure or a heart condition.
6. I confirm I do not suffer from Diabetes Mellitus.
7. I confirm I do not suffer from breathlessness after slight exertion.
8. I understand that if I am pregnant, I must consult my doctor and a trainer before I start physical activity.
9. I understand that if I am aged over 65 and/or unaccustomed to regular physical exercise, I must consult a doctor and trainer, before starting physical activity.
10. I confirm that I have not had medical advice, for any of the following:
 - a) known elevated blood pressure (over 160 / 100)
 - b) known elevated cholesterol levels (over 6.2)
 - c) Have a family history of coronary or other circulatory disease in your parents or siblings prior to the age of 55.

I confirm that if I have any of the above, I must consult my doctor and/or trainer before starting physical activity.

Disclaimer of Liability

- **Members and/or guests are advised to undergo a medical examination prior to beginning a physical activity program. Those with diabetes, heart disease, high or low blood pressure and pregnant women should consult with their doctor to check which of the club's facilities should not be used.**
- **Neither the proprietor or any of the companies within the Colfes Leisure Services group of companies, or their agents or employee of the owner shall be liable for loss, damage or theft of personal property belonging to a member or any guest occurring on the club's premises, except where injury, death, loss, damages, or theft is caused by negligence of the proprietor, its employee's, or agents.**
- **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 club's premises, except where injury, death, loss, damages, or theft is caused by negligence of the proprietor, its employee's, or agents.**
- **All new members and guests are advised to seek medical help before partaking in physical activity.**