



CLARE HALL  
CAMBRIDGE

### *OUR COMMITMENT TO YOU*

1. We will respect your personal decisions, and allow you to make your own decisions about what exercise you can carry out. However, we ask you not to exercise beyond what you consider to be your own abilities.
2. We will make every reasonable effort to make sure that our equipment and facilities are in a safe condition for you to use and enjoy.
3. If you tell us that you have a disability which puts you at a substantial disadvantage in accessing our equipment and facilities, we will consider what adjustments, if any, are reasonable for us to make.

### HEALTH COMMITMENT STATEMENT

**As an individual you are responsible for your health and wellbeing.**

**The College is committed to helping you enjoy the facilities that we offer. With this in mind, we have carefully considered what we can reasonably expect of each other.**

### *YOUR COMMITMENT TO US*

1. 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 safely, before you use our equipment and facilities you should get advice from a relevant medical professional and follow that advice.
2. You should make yourself aware of any rules and instructions. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
3. Members are requested to promptly report any damage caused or observed to any equipment for Health and Safety purposes.

*This statement is for guidance only. It is not a legally binding agreement.*