



CLARE HALL
CAMBRIDGE

Here at the Clare Hall we want you to enjoy using our sports facilities. Becoming more active is safe for the majority of people, however we do recommend that some individuals should consult with their Doctor before beginning a new exercise regime. Please read the following questions carefully.

If you answer YES to one or more questions. We ask that you talk to your Doctor BEFORE you begin using the facilities and become more physically active.

Please Note:

If your health status changes, in the future, leading you to answer YES to any of the following questions please consult with your Doctor before continuing your physical activity plan.

Readiness To Exercise

1. Do you feel pain in your chest when you exercise?
2. Has your Doctor ever said that you have a heart condition and that you should only do physical activity recommended by a Doctor?
3. Do you ever have spells of severe dizziness or do you ever lose consciousness?
4. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
5. Is your Doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
6. Are you over the age of 40 and not accustomed to vigorous physical activity?
7. Do you know of any other reason why you should not take part in physical activity?

We ask members to not exercise beyond their physical capabilities. If you are aware of any medical conditions, which may affect your health, when exercising please speak to a Doctor before using equipment.

We ask you to not take part in any exercises you know you are not suitable for.

Please enjoy using the facilities however make sure you do so responsibly.

Please Note:

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