

**Health Commitment Statement**

**Updated May 2022**

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.

**OUR COMMITMENT TO YOU**

1. We will respect your personal decisions about the exercises you perform, but ask you do not exercise beyond what your own abilities.

2. We will make every reasonable effort to ensure our equipment and facilities are in a safe condition.

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 reasonable adjustments.

**YOUR COMMITMENT TO US**

1. You will read and understand the rules of use included with membership.

2. You will not exercise beyond your own abilities, and will follow the advice of a medical professional for any condition which might interfere with your safe use of these facilities.

3. You will promptly report any damage caused or observed to any equipment.