



Somerset Health Commitment Statement (HCS)

Your health is your responsibility. This organisation is dedicated to helping you take every opportunity to enjoy the activities 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, 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 (if relevant) are in a safe condition for you to use and enjoy.
3. We will take all reasonable steps to make sure that our staff are qualified to the fitness industry standards as set out by the Register of Exercise Professionals, or supervised by a relevant health professional.
4. If you tell us that you have a disability which puts you at a substantial disadvantage in accessing our equipment and facilities, (if relevant), we will consider what adjustments, if any, are reasonable for us to make.

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 access our activities, you should get advice from a relevant health professional and follow that advice.
2. You should make yourself aware of any rules and instructions, including warning notices. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
3. You should let us know immediately if you feel ill when using our equipment or facilities (if relevant), or taking part in our activities. Our staff members are not qualified doctors, but will have access to a person who has had first-aid training.
4. If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

Please tick here to confirm you understand you take part at your own risk and will seek medical advice if appropriate

Print name:

Signature:

Date:

If you would like to receive emails when a walk is cancelled or changed, please add your email address.....

For full information about how your information is used please read the privacy policy:
<https://www.southsomerset.gov.uk/your-council/data-protection-and-freedom-of-information/privacy-and-data-protection/>