

YOUR HEALTH is your responsibility and our concern

Regular exercise and training is fun, healthy and safe for most individuals. However, there are risks that may be increased by greater levels of activity.

At Inspire2tri we are dedicated to helping you to take every opportunity to enjoy the facilities that we offer. With this in mind we have carefully considered what we can reasonably expect of each other and would appreciate a few moments of your time to read the following commitments.

Our Commitment to you

1. We will respect your personal decisions and allow you to make your own decision about what exercise you can carry out. However, notwithstanding the need to provide you with a challenge and for you to respond, we ask you not to exercise beyond what you consider to be your own safe 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 and to replace or repair worn or faulty equipment in a responsive way.
3. We will take all responsible steps to make sure that all of our staff are suitably qualified for the instruction they will give and their qualifications will be displayed on our website.
4. If you tell us you have a disability which puts you at a substantial disadvantage in accessing our equipment and facilities we will consider what adjustments are reasonable for us to make and offer these for your maximum participation and enjoyment.

Your Commitment to us

1. 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 for the first time you should get advice from a relevant medical professional and follow that advice.
2. You should not exercise beyond your own abilities to remain in control and pain free.
3. If anything has changed since you completed your Pre-exercise Health Screening Form that would change your answers to any of the questions on that form you have a responsibility to tell us immediately.
4. You should let us know *immediately* if you feel ill or believe you have sustained an injury, however minor, when using our equipment and facilities. Our staff members are not qualified doctors but there will always be a person available who has had first aid training.
5. If you have a disability or injury and have been accepted to participate you must follow any reasonable instructions to enable you to exercise safely.
6. If you believe that any equipment or facilities require maintenance or attention you should bring it to our immediate attention.

This statement is for guidance only. It is not a legally binding agreement between you and us and does not create any obligations which you or we must meet.