

Health Commitment Statement

Our commitment to you

- 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.
- We will make every reasonable effort to ensure that our equipment and facilities are in a safe condition for you to use and enjoy.
- Our team of qualified exercise professionals are trained to the current fitness industry standards as set out by the register of exercise professionals.
- If you inform us that you have a disability which you feel puts you at a disadvantage when trying to access our equipment and facilities, we will, in line with our equality duty and policy, consider, and where possible, implement any adjustments that we are reasonably able to make to assist you.

Your commitment to us

- 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.
- You should ask a Brimhams Active team member if there is any equipment which you are unsure how to use.
- Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
- You should let us know immediately if you feel unwell when using our equipment or facilities. Our team members are not qualified doctors, but there will always be at least one team member available who has received first-aid training and will be able to assist you.
- If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.