

# Health Commitment Statement

Your health is your responsibility. The management and staff of Burwell Community Sports Centre are dedicated to helping you 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. As a duty of care in some cases medical clearance may be requested at any point.

## **Our commitment to you**

1. We will respect your personal decisions, and allow you to make your own decisions about what activities you can carry out. However, we ask you not to partake in any activity beyond what you consider to be your own 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.
3. We will take all reasonable steps to make sure that our staff are competent in leading activities.
4. 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 what adjustments, if any, are reasonable for us to make.

## **Your commitment to us**

1. You should partake in any activity beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with your participation safely, before you use our facilities you should get advice from a relevant medical professional and follow that advice.
2. You should make yourself aware of any rules and instructions, including warning notices. 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.
4. If you have a disability, you must follow any reasonable instructions to allow you to partake in activities safely.
5. You will make yourself fully aware of any Terms & Conditions.

This statement is for guidance only. It is not a legally binding agreement between you and Burwell Community Sports Centre and does not create any obligation which you or we must meet