



Health Commitment Statement

Your health is your responsibility. Stonehouse Fitness Ltd is dedicated to helping you take every opportunity to enjoy the classes that we offer. With this in mind, we carefully considered what we can reasonably expect of each other.

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.
- Please state any previous or current medical treatment or health condition you feel we should be aware of before you undertake any of our classes/activities.
- We will make every reasonable effort to make sure that our equipment and venues are in a safe condition for you to use and enjoy.
- If you tell us you have a disability/injury which puts you at a substantial disadvantage participating in our classes, we will consider what adjustments, if any, are reasonable for us to make.

Your commitment to us:

- You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition that might interfere with you exercising safely you should get advice from a relevant medical professional and follow that advice before attending our classes.
- Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
- You should notify your instructor of any existing or new medical conditions before you commence an activity.
- You should let us know immediately if you feel ill during a class.
- We are not qualified doctors, but there will be a person available who has first aid training.
- You should make yourself aware of emergency procedures and fire exits.
- If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.
- You will ensure that your personal belongings are safely stored during classes.

Please detail any medical conditions or health issues you think may affect your ability to participate in our classes.

Terms and conditions

All clients must sign to confirm that they have received this information before commencing any exercise programme/activity to confirm that they understand that they exercise at their own risk and are ultimately responsible for their own general health and welfare and have informed their instructor of any existing medical conditions and will advise of any new medical conditions when necessary.

Please ensure that mobile phones are switched off or to silent during classes