

Cardiff University Sport Health Commitment Statement

Please complete ALL SECTIONS of the form below using BLOCK CAPITALS. Please ask at the Centre Reception if you require assistance completing this form.

Cardiff University ID Card No. (if applicable):		Sport Membership No. (issued by SPORT)	
Title:			
Last Name:			
Forename(s):			

Health Commitment Statement
I confirm that I have read and understood the Health Commitment Statement* and agree to abide by its terms and conditions.

Health
If you know of any medical condition which might affect your ability to exercise safely please tick this box. If this box is ticked you should seek advice from a medical professional before exercising.

Fitness Centre Induction
All members are entitled to a FREE fitness facility induction which will show new users how to use the fitness equipment safely. If you feel that you **need** a fitness induction please tick this box. If this box is ticked a FREE fitness induction will be booked for you.

If you feel that a fitness induction is **not needed** please complete the fitness declaration below.

Declaration
I understand that there is a risk associated with ALL forms of exercise and physical activity. By signing this form I acknowledge that I have read and understood the Health Commitment Statement*.

I have used of fitness facilities previously and feel competent using fitness equipment. I will read the associated instructions or ask a member of staff about any equipment that I may not know how to use safely, or any exercises that I have never undertaken before.

I confirm that the information given on this form is true, accurate and complete. I have read and understood the membership terms & conditions**

I understand that it is my responsibility to:

- Inform the University of any change to the information I have provided on this form.
- Recognise and accept the inherent risk of injury and death associated with the activities and exercise I undertake.
- Be responsible for my own actions and involvement.

I agree for my details to be entered onto a computerised membership system and that information will be retained in compliance with the General Data Protection Regulation 2016.

I agreed for my details to be used by Cardiff University Sport for internal marketing and promotion only. You may amend your preference at any time.

Signed: _____ **Date:** _____

* The Health Commitment Statement (HCS) is printed on the reverse of this form. The HCS is also on display at each centre reception and available to download at www.cardiff.ac.uk/sport. Hardcopies are also available from each centre reception.

** Memberships terms & conditions are available to download at www.cardiff.ac.uk/sport or from Centre Receptions.

Health Commitment Statement™

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Your health is your responsibility. The management and staff of this organisation 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.

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 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 advised by UKActive.
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 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.
2. You should make yourself aware of any rules and instructions, including warning notices, and follow them. 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. Our staff members are not qualified doctors, but there will be a person available who has had first-aid training.
4. If you have a disability you must follow any reasonable instructions to allow you to exercise safely.

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.

