

## **Member Health Commitment Statement – Wave Leisure Trust**

At Wave Leisure, we understand that our members have different needs and choose to use our facilities in different ways. We strive to keep our facilities innovative and current, and consistently add to our equipment and available activities ensuring that our facilities are safe and maintained to the highest standard.

Our members will all have their own individual levels of experience and knowledge when it comes to exercise, and each have responsibility for their own health. Exercise always carries its own risks.

For these reasons we do not enforce that a formal Induction appointment is completed on our equipment prior to use of the relevant facility, unless under the age of 18years old, whereby an induction is required. Each of our members will have the choice as to which level of instruction and support they receive, and when, depending on their individual needs. Our professional teams are always available to advise on any questions our members may have, and our fitness teams and personal trainers are available to book gym appointments on equipment use, programming and advise on relevant and safe training plans.

We ask all members to declare their commitment to using any of our facilities at Wave Leisure safely. As a member, you must:

1. Only use equipment you know how to use safely. If you need assistance or are unsure, seek advice from one of our team.
2. Ensure you make yourself aware of any rules and instructions for use of any equipment. This includes following and adhering to all warning notices and engaging any safety features prior to use.
3. Exercise carries its own risks. Exercise only within your capabilities and take care of your personal safety. You should not carry out any activities which you have been told are not suitable for you.
4. Tell us if you have a medical condition which may impact on your ability to exercise safely. Our teams can help devise an exercise programme which is appropriate for you. You should also consult your GP prior to exercising.
5. Let a team member know if you feel unwell whilst exercising. We have first aid trained staff and equipment on site to help.
6. If you are new to the gym and exercise, we encourage you to book your welcome workout appointment with one of our team so we can ensure you have a safe and enjoyable programme to get you started.
7. If you have a disability, you must follow any reasonable instructions to ensure you exercise safely.
8. Agree to take responsibility for your own wellbeing when using the facilities.
9. Comply with The Government Guidance on social distancing and other requirements during the COVID-19 Pandemic, to protect you, other customers, and members of staff. A copy of The Government Guidelines can be found here:  
<https://www.gov.uk/government/collections/coronaviruscovid-19-list-of-guidance2>
10. Wave Leisure has etiquette standards for the use of facilities at its centres which are in place to ensure the quality of your experience with us. These can be found by visiting <https://www.waveleisure.co.uk/wave-membership-journey/> and are displayed in all our centres.

By reading this statement and continuing to purchase your membership and registering for online booking, you are declaring that you will follow the above guidelines at any Wave Leisure Facility.