

# THE HEALTH PLEDGE

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THE WRIGHTINGTON

HOTEL, HEALTH CLUB & SPA

Your health is your responsibility. Our management and staff are dedicated to helping you take every opportunity to enjoy the facilities we offer we have carefully considered what we can reasonably expect from each other.

## YOUR PLEDGE TO US:

1. You must inform a member of staff on your first visit if you have any medical condition that may put you at risk. You must then inform staff before using the facility should you develop any additional medical conditions or have any change in medical circumstances going forward.
2. You agree to disclose if you have been informed of any pre-existing heart conditions or blood pressure related issues.
3. You will inform a member of staff should you start to feel unwell during exercise.
4. You will seek advice from a member of staff if you are unsure about using any of our equipment or facilities provided on site.
5. You will respect the equipment that you use on site and behave in an appropriate manner at all times when using our facilities.
6. The information given by you in entering this agreement is correct and accurate and can be relied upon by us.

## OUR PLEDGE TO YOU:

1. We shall endeavour to maintain a safe environment for you to always exercise in.
2. We shall always keep confidential information that may have been provided to us by you regarding any health conditions we need to be aware of.
3. We shall endeavour to ensure that several of our staff on duty are trained to deliver First Aid treatment if required.
4. We will take all reasonable steps to ensure our team have the relevant Fitness industry Qualifications.
5. If you inform us, you have a medical disability that puts you at a disadvantage, we will ensure we induct you into the facility you join to ensure your safe use of the equipment and provide information on the evacuation process.
6. We respect your choices and allow you to make your own decision on your exercise regime however we reserve the right to ask you not to exercise beyond your capability.