

■■ Health Commitment Statement

This statement sets out the standards of health and safety between **Vision Health and Fitness Club Ltd** and our members. It ensures that everyone can enjoy exercise safely, responsibly, and with a shared understanding of commitment.

Our Commitment to You

We will respect your personal decisions and support you in choosing suitable activities. We will ensure our equipment and facilities are maintained in safe, industry-standard condition. Our staff will be appropriately qualified and trained to industry standards. A first-aid trained member of staff will be available during staffed hours. If you inform us of a disability, injury, or condition that impacts your ability to use our facilities, we will consider reasonable adjustments to support your participation.

Your Commitment to Us

Only take part in activities within your capability, and not exercise beyond your own limits. Ensure you are **fit and well enough to participate** before starting any exercise. **Inform us immediately of any changes to your health**, including new injuries, illnesses, or medical conditions that may affect your ability to exercise safely. Seek medical advice before participating if you are unsure about your health or have been advised to restrict physical activity. **Accept full responsibility for exercising with a pre-existing injury or condition**, and acknowledge that if you choose to participate against medical advice, you do so at your own risk. Inform staff immediately if you feel unwell or experience pain during exercise. Familiarise yourself with all rules, instructions, and signage, and follow staff guidance for your safety. Be considerate of other members, and use equipment responsibly to avoid risk to yourself and others.