



Portmarnock Sports and Leisure Club

Health Commitment Statement

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.

We will make every reasonable effort to make sure that our recommended set up for exercising is safe for you to follow and enjoy.

We will take all reasonable steps to make sure that our staff are qualified to the fitness industry standards.

If you tell us that you have a disability which puts you at a substantial disadvantage in accessing or enjoying our facilities, we will consider what adjustments, if any, are reasonable for us to make, to accommodate your participation.

YOUR COMMITMENT TO US

You should not undertake activity beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with you undertaking activity safely before you use our equipment and facilities, you should get advice from a relevant medical professional and follow that advice.

You should make yourself aware of our terms and conditions, rules and instructions, including warning notices at your chosen facility. Activity carries its own risks, and you should not carry out any activities which you have been told are not suitable for you.

You should ask a member of our Martello Fitness or Pool Team if there is any equipment which you are unsure how to use.

You should let us know immediately if you feel ill when using our equipment or facilities. Our team are not qualified medical professionals, but there will be a person available who has had first-aid training.

Members are required to accept responsibility for their personal, medical and physical condition in order to take part in Portmarnock Sports and Leisure Club activities including the use of the gym and gym equipment, swimming pool and sauna.

Any assessment undertaken in the facility is for general information only with a view to giving advice and should not be relied on by customers as certifying their fitness or otherwise to the facilities or equipment.

Portmarnock Sports and Leisure Club advises all customers to consult with their doctor or medical professional prior to beginning a programme of physical exercise. Regular exercise is associated with many health benefits, yet any change of activity may increase the risk of injury.

Please read each question carefully:

1. Do you have a heart condition and should only do physical activity recommended by a physician?
2. When you do physical activity, do you feel pain in your chest?
3. When you were not doing physical activity, have you had chest pain in the past month?
4. Do you ever lose consciousness, or do you lose your balance because of dizziness?
5. Do you have a joint or bone problem that may be made worse by a change in your physical activity?
6. Is a physician currently prescribing medications for your blood pressure or heart condition?
7. Are you pregnant?
8. Do you know of any other reason you should not exercise or increase your physical activity?

If you answered yes to any of the above questions, talk with your doctor BEFORE you become physically active. Tell your doctor of your intention to exercise and which questions you answered 'yes' to. If at any stage your health changes, resulting in a 'yes' answer to any of the above questions, please seek guidance from a GP.