

Walsall Active Living Centres Induction Waiver

INDUCTION WAIVER

Walsall Sport and Leisure recognises the importance of every user undergoing an induction. This is carefully designed to ensure that each user is made aware of the facilities, equipment and services available. **We recommend that each user undergoes an induction.**

Notwithstanding our recommendation to you to undertake an induction, you have stated that you are an experienced gym user and have expressed your unwillingness to undertake induction training. In these circumstances we will allow you to use the gym facilities, provided that you:

- (i) seek advice from a member of our staff if you are in anyway unfamiliar with a particular piece of equipment or type of exercise; and
- (ii) Opt out of induction training by signing the declaration, below.

Declaration

I declare that:

1. *I have been a regular user of a gym within the last 18 months;*
2. *I understand that exercise can be physically demanding and if performed incorrectly can cause serious harm;*
3. *I have opted to not attend the gym induction offered to me and therefore assume responsibility for any possible injury caused to me or anyone else by the exercises I choose to perform;*
4. *I acknowledge that I am physically fit and free from any illnesses that may be aggravated by performing exercise;*
5. *I am familiar with gym equipment;*
6. *I have read, understand and agree to the rules, terms and conditions of the gym (available at www.walsall.gov.uk/leisure)*
7. *I understand that we may from time to time make changes to these rules, terms and conditions without prior notice.*
8. *If I am aged 16 or 17, a parent or guardian has agreed to the declaration on my behalf*
9. *If I am under 16 I will need to undertake a full induction.*