



Your health is your responsibility. The management and staff of this organisation are dedicated to helping you take every opportunity to enjoy the facilities that we offer. With this in mind, we have carefully considered what we can reasonably expect of each other.

Our commitment to you

1. 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.
2. We will make every reasonable effort to make sure that our equipment and facilities are in a safe condition for you to use and enjoy.
3. We will take all reasonable steps to make sure that our staff are qualified to the fitness industry standards as set out by the Register of Exercise Professionals.
4. If you tell us that you have a disability which puts you at a substantial disadvantage in accessing our equipment and facilities, we will consider what adjustments, if any, are reasonable for us to make.

Your commitment to us

1. You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with you exercising safely, before you use our equipment and facilities you should get advice from a relevant medical professional and follow that advice.
2. You should make yourself aware of any rules and instructions, including warning notices, and follow them. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
3. You should let us know immediately if you feel ill when using our equipment or facilities. Our staff members are not qualified doctors, but there will be a person available who has had first-aid training.
4. If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

This statement is for guidance only. It is not a legally binding agreement between you and us and does not create any obligations which you or we must meet.



The Health Commitment Statement

The Health Commitment Statement sets the standards that health and fitness centres and users can reasonably expect from each other in regards to the health of the user.

Background:

The HCS is the evolution of the PARQ, which has existed for the past 15 years. The HCS reflects Government policy and legal trends, which aims to put the **primary responsibility with the individual**. ukactive has taken the lead in allowing operators to be more accessible while facilitating a better working relationship between fitness and medical sectors in the community. This has also provided an opportunity to align the HCS to the skills and expertise of fitness professionals established through REP's.

The HCS has been developed by ukactive operator members, medico-legal professionals and health providers to support the evolving requirements of users and operators, led by EIDO Healthcare (EIDO Healthcare is dedicated to helping health professionals reduce their risk of litigation. EIDO specialises in products and solutions that improve the doctor-patient relationship reduce the risk of litigation and increase patient satisfaction).

The purpose of the HCS

- Develop the current PARQ to simplify access to activity facilities for users.
- Assist the Health, Medical and Fitness industries to work in harmony while supporting initiatives to encourage the nation to become more active
- Bring health and fitness clubs in line with virtually all other sports and active leisure in relation to health matters.
- Demonstrate respect for members by placing responsibility where it belongs, with the individual member.
- Be consistent with current Government policies in encouraging every individual to take responsibility for his or her own health.
- Offer the opportunity to clubs to maximise their membership.
- Be in keeping with current trends in legislation and case law.
- Be consistent with a more modern approach to individual responsibility in medicine and the law.
- Provide the opportunity for a uniform approach across the health and fitness industry, producing greater clarity and reducing costs.
- Offer a simple solution in plain English, which is accessible to fitness instructors, staff and members.
- Remove stress and anxiety from staff in relation to health of members.

The HCS has been designed for users in a gym environment and with all operators in mind, allowing flexibility with its usage.

On purchase, the HCS will be branded to suit the operator. The HCS may be accessed by individual sites, or by an operator's head office in order to provide greater operating control.

For further information contact Pete Wells
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