

ANNER HOTEL



CONFERENCE & LEISURE CENTRE

HEALTH COMMITMENT STATEMENT

Your health is your responsibility. The Management and Staff of The Anner Hotel Leisure Centre are dedicated to helping you take every opportunity to enjoy the facilities that we offer. With this in mind, we've carefully considered what we can reasonably expect from each other.

All customers must agree to the Health Commitment Statement before commencing any exercise programme or activity

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 equipment and facilities are in a safe condition for you to use 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 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

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

You should make yourself aware of any rules and instructions, including warning notices. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.

You should notify your instructor of any existing or new medical conditions before you commence an activity.

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 first aid training.

If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

I confirm that I have read and understood this Health Commitment Statement. I agree not to use any item of exercise equipment without receiving full instructions beforehand in its use from an instructor. I agree not to participate in any activity if I have not notified my instructor of any existing or new medical conditions. I understand that I exercise at my own risk and I am ultimately responsible for my own general health and welfare.

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