



Fitness & Well-Being Statement

We are dedicated to helping you take every opportunity to enjoy the equipment and facilities that we offer. With this in mind, we have carefully considered what we can reasonably expect of each other.

Our pledge to you

1. Dallington Fitness respects your personal decisions and allows you to assess your own fitness level. The only request Dallington Fitness makes is that you do not train above your capabilities.
2. Dallington Fitness endeavors to make all reasonable effects to keep the equipment in good working order and that the gym environment is a safe place for you to come. Bear in mind that we are not able to clean or inspect equipment and facilities after each use.
3. Dallington Fitness takes all reasonable effort to ensure there are staff who are qualified to fitness industry standard and are registered Exercise Professionals
4. Dallington Fitness is committed to supporting persons with registered disabilities in their fitness journey and this includes adapting the facility where it is possible.

Your pledge to us

1. You are physically fit to undertake exercise within Dallington Fitness and you have no medical condition that would prevent your safe participation. If you have any medical conditions or concerns you will have consulted with a medical professional and obtained clearance to exercise.
2. Make yourself aware of any rules and instructions, including warning notices, and follow them. Exercise carries its own risks. When you are exercising you are responsible for the risks involved. You should not carry out any activities that you have been told are not suitable for you.
3. Let us know immediately if our equipment or facilities are unsafe to use or if you feel ill when using our equipment or facilities. Our staff members are not qualified doctors but there will be someone available who has been trained in first aid
4. If you have a disability follow the instructions provided to allow you to exercise safely.