



GYM DISCLAIMER FOR GUESTS

By signing below, I acknowledge that I am voluntarily participating in physical activity at Knowle Grange Health Spa and am aware of the inherent risks associated with exercise, including potential injury. I certify that I am in good health and able to safely use all the gym equipment/apparatus within the facilities, and I assume full responsibility for any injuries I may sustain while using the gym facilities. I have read and understood the note Guest Use of Fitness Facilities below and agree to follow them.

Signature _____ Print name _____ Date _____

GUEST USE OF FITNESS FACILITIES

The following rules apply to make sure that you use the gym and fitness facilities safely. Before you start using the fitness facilities (gym, pool and exercise classes), you must fill in an exercise questionnaire and, if you wish to use the gym, you must sign our disclaimer form below. You must be able to safely use all the gym equipment/apparatus. If we have any concerns about your exercise questionnaire or any health assessment or your ability to use the equipment safely, we may not let you exercise.

We cannot accept any liability for incorrect advice we may give as a result of answers that are false, inaccurate or out of date.

If your health assessment or exercise questionnaire shows that you could be at an increased risk of illness or injury while exercising, we will advise you to get approval from your doctor before you continue to exercise. We do not accept any liability if you fail to follow our advice.

You should not use any item of gym equipment unless you are sure that you know how to use it safely. If you are not sure, ask for advice from a qualified staff member.

Equipment located in the exercise studio may only be used under the supervision of our trained staff.

In order to maintain hygiene standards, we ask you to wipe down all equipment using the cleaning sprays provided after use.

All free weights, mats and unfixed equipment must be returned to their storage areas after use.

Fire doors must not be wedged open.

We recommend that members bring their own water bottle to fill onsite and use in the gym.