

# Nottingham Tennis Centre Health Commitment Statement

**You are primarily responsible for your health and wellbeing and Nottingham Tennis Centre is dedicated to helping you take the opportunity to enjoy the facilities that we offer. With this in mind we have set out what we can reasonably expect from each other below.**

## Your commitment to us:

- ✓ You will not use your membership facilities beyond your own abilities. To the best of your knowledge and belief you are in good health. If you know or are concerned that you have a medical condition which might interfere with you using the facilities, before you use our equipment and facilities, you will seek advice from a relevant medical professional and follow that advice.
- ✓ You will make yourself familiar with and act in accordance with any rules and regulations, including warning notices. Activity carries its own risks and you should not carry out any activities, which you have been told are not suitable for you.
- ✓ You will 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 is first aid trained.
- ✓ If you have a disability, you must follow any reasonable instructions to allow you to use the facilities safely.
- ✓ All users must follow any reasonable instructions to allow you to use the facilities safely.
- ✓ Gym use age restrictions.

16 and 17 years – under personal supervision, i.e., fitness trainer; coach; parent or authorised guardian of 18 years and above.

13 to 15 years – parent or authorised guardian must be present. Weights, multi – gym equipment, cable apparatus, and resistance apparatus excluded to this age group.\*

Below the age of 13 restricted to authorised Programme players and Tournament use only. Parent or authorised guardian must be present. Weights, multi – gym equipment, cable apparatus, and resistance apparatus excluded to this age group.\*

\* Under 16's can use resistance machines and free weights if under supervision by an appropriately qualified Coach during an LTA programmed session ie Performance Camp/RPDC.

## Our commitment to you:

- ✓ We will respect your personal decisions and allow you to make your own decisions about what activities you carry out. However, we ask you not to participate in an activity beyond your own capabilities.
- ✓ 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 accept no liability in the event of an injury resulting from misuse of equipment or failure to participate in an activity within your capabilities.
- ✓ If you inform us you have a disability which puts you at a substantial disadvantage in accessing our facilities, we will endeavour to make reasonable adjustments, to support your activity.