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 adjustment, 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 relevant medical professionals and follow that advice.
2. 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.
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 obligation which you or we must meet.

**Declaration**
- I wish to participate in activities within Sport Imperial Facilities.
- I agree to abide by the terms and conditions overleaf which I have read.
- I am aware the terms and conditions can be found online at www.imperial.ac.uk/sports.

**Signature:** ___________________________ **Date:** ___________________________
Terms and conditions for use of Sport Imperial Facilities

1.0 Exercise Studio

1.1 Users and guests using the gymnasium, studios or pool facilities must shower and change before using the café bar area.

1.2 “Studio Etiquette” requires users to put back any equipment after each exercise class has taken place. This includes hand weights, mats, spin bikes, swiss balls, medicine balls or Bosu balls.

1.3 All hand towels or litter must be removed from the studio and placed in one of the bins provided.

1.4 Access to the studio is only permitted when a class is being supervised or if you have prior consent from a member of the fitness team.

2.0 Fitness Gym

2.1 Usage will be on a first come, first served basis, until this needs to be addressed by the management team. Therefore during peak times you may be denied access if the capacity has been reached.

2.2 Appropriate indoor training shoes (no black soles, Sandals or Flip Flops) must be worn at all times in the gym or studio. Outdoor or muddy training shoes will not be permitted.

2.3 Appropriate clothing must be worn when using the gym or studio. This requires participants to be wearing a t-shirt/vest, or sweat shirt, and shorts or track suit bottoms. Jeans or trousers will not be permitted.

2.4 Users and guests using the gym or studio facilities must shower and change before using the café bar area.

2.5 “Gym Etiquette” requires users to wipe down a piece of gym equipment with a towel immediately after use. Paper towels will be provided at certain points around the gym.

2.6 During busy periods, use of a particular piece of cardiovascular equipment must be limited to 20 minutes.

2.7 Mobile phones must be switched off at all times, whilst working out in the Gym and Studio. If you are on call please advise the Front of House team.

2.8 Only Sports drinks and water are permitted to be consumed in the gym or studio. No food is allowed.

2.9 No kit bags will be allowed to be stored in the gym or studio. Please use the lockers that are provided in the changing rooms.

2.10 “Gym Etiquette” requires users to put back any equipment after use, this includes swiss balls, free weights, medicine balls or Bosu balls.