



### **Our commitment to you**

MET Living Limited will allow you, a user of our sports centre (Witchford Sports Centre) and facilities, to make your own decisions about what exercise you can carry out and we will respect your decisions. However, we ask you to apply common sense and not to exercise beyond 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 ensure that our staff are qualified to applicable industry standards.

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, and implement any, adjustments, if any, it is 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 which might interfere with you exercising safely you must, before you use our equipment and facilities, seek advice from a suitably qualified medical professional and follow that advice.

You should make yourself aware of any rules and instructions that we provide or make available to you, including but not limited to warning notices displayed around the sports centre. Participation in all forms of exercise carries inherent risks. You should not carry out any activities which you have been told are not suitable for you, such as by medical professionals or our staff, or which you know to be beyond your own abilities.

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 received first-aid training.

If you have a disability you must follow any reasonable instructions from our staff to allow you to exercise safely.

Subject to the following paragraph, in entering the sports centre and using our sports facilities you accept full responsibility for any and all risks, and the outcomes of those risks, which may result from your activities (your use of our sports facilities and participation in corresponding activities). MET Living Limited, our staff, employees, coaches, volunteers, representatives and any persons in similar roles will have no liability for any injuries or losses suffered by you or others as a result of any activities which you undertake when using our sports facilities.

We do not exclude or limit our liability for any personal injury or death resulting from our negligence.

You accept responsibility for all minors (those under the age of 16) in your care and give full permission for any person connected with MET Living Limited to administer first aid deemed necessary and, in case of serious illness or injury, give permission to telephone to request medical assistance.