



HEALTH AGREEMENT DECLARATION

PLEASE READ BEFORE USING OUR FACILITIES OR SERVICES.

In relation to the use of our facilities and services, including our mobile application, **you warrant, declare and acknowledge that:**

1. By completing the sign-up process, you confirm that you have read and agreed to our Terms, creating a legally binding agreement between you and us. If you are not willing to accept these Terms, please do not sign up or use our facilities or services in any way. Further, for all members and guests use of our facilities indicates your ongoing acceptance of this binding agreement.
2. The information given by you in entering this agreement is correct and will be relied upon by us.
3. To the best of your knowledge and belief you are in good health and not knowingly incapable of engaging in any form of exercise, and that such exercise would not be detrimental to your health, safety, well-being, comfort or physical condition. Further, that you will advise us immediately should your health or vulnerability to injury change.
4. It is your responsibility to check with a 365 Gym member of staff if Strobe Lighting will be used during your visit.
5. You accept that you must take time to familiarise yourself with the instructions displayed in the Club and on the fitness equipment regarding the safe use of the Club's fitness equipment. If you decide that you require any assistance in the use of the fitness equipment, you must make an appointment with one of 365 Gym's qualified trainers before use, who will assist you to use the equipment safely and effectively.
6. You have considered your own personal fitness requirements and will exercise within your own abilities, taking account of any disabilities which you may have.
7. Our staff, agents and subcontractors are not medically trained and should you have any concerns with your health and fitness, you will decide and seek independent medical advice from your own medical advisors before engaging in any physical activity on our premises.
8. You accept the Club is not staffed during all Club opening hours, and that it is your personal responsibility to stop exercising if you feel ill or require assistance.
9. We offer all our members and guests an induction session to provide instructions on the proper use of our gym equipment. We strongly recommend that you attend this session prior to using the gym. If you choose to use the gym equipment without having attended the induction, please be aware that 365 Gym cannot be held liable for any personal injury that may occur as a result. By using the equipment without an induction, you acknowledge and accept that you are doing so at your own risk.

Your health and wellbeing is your responsibility. 365 Gym are concerned that you enjoy our facilities safely. To that extent, we consider that we should expect the following from each other.

From us:

- Whilst we respect your decision over the type and extent of exercise programme you wish to follow, we reserve the right to ask you not to exercise beyond what we reasonably believe to be your personal ability.
- We are committed to taking reasonable steps to maintain a safe environment for you to enjoy your exercise. **Please be aware of your surroundings and exercise caution when moving around the gym, especially near equipment in use.** Keep a safe distance from machines while they are being operated by others and be cautious when using equipment to avoid unintentional injury to yourself or other gym users.
- We shall endeavour to ensure that our Fitness trainers are qualified to fitness industry standards.
- We shall keep confidential any information that you give us regarding your health.

Unstaffed First Aid/Emergency Procedures

During periods when 365 Gym is not staffed, our remote team may be available to provide necessary assistance in case of a need for first aid or urgent medical intervention. Although our CCTV operatives monitor gym cameras, they cannot independently identify accidents or incidents. Therefore, if you witness or experience an incident, please alert emergency services (999) and the remote team immediately via the red emergency help points or by calling 0118 234 9844. For your safety, a defibrillator and a first aid kit are kept in the Safety Station near the gym entrance.

Fire Procedures

If you detect a potential fire, activate the nearest red fire call point and exit the building without delay.

In case of a fire alarm or if instructed by the remote CCTV team, evacuate the gym promptly through the nearest and safest exit. Please refrain from returning to the changing rooms to retrieve your belongings.

DDA Access

For members requiring wheelchair access or assistance, we insist on an induction at our 365 Gym facilities to ensure the safe and efficient use of our equipment. During this induction, a Personal Emergency Evacuation Form will need to be filled out with the Gym Management, which we will retain for our records. To schedule this induction, please get in touch with our Gym Management team.