

Quick Start Disclaimer

Walsall Sport and Leisure recognises the importance of every user engaging with our instructor team. Our member journey is carefully designed to ensure that each user is made aware of how to safely use the facilities, to help you achieve your exercise goals and as part of this **we require you to attend an 'all about you' appointment** with your allocated instructor.

However, you have stated that you are an experienced gym user and have expressed your desire to use the facilities before your meeting with our instructor. In these circumstances we will allow you to use the gym facilities, provided that you:

- I. Seek advice from a member of our staff if you are in anyway unfamiliar with a particular piece of equipment or type of exercise; and
- II. Carefully read and sign the declaration, below.

Declaration.....

I declare that I:

1. have been a regular user of _____ gym within the last 18 months;
2. understand that exercise can be physically demanding and if performed incorrectly can cause serious harm;
3. have opted to **access the facilities before engaging with the instructor team** and therefore assume responsibility for any possible injury caused to me or anyone else by the exercises I choose to perform;
4. acknowledge that I am physically fit and free from any illness that may be aggravated by performing exercise;
5. am familiar with gym equipment;
6. have read, understood and agree to the rules, terms and conditions of the gym (available at www.walsall.gov.uk/leisure)
7. understand that from time to time management may make changes to these rules, terms and conditions without prior notice.

Name: _____ D.O.B _____ / _____ / _____

Sign: _____ Date: _____

If you are aged 16 or 17, a parent or a guardian will need to countersign this agreement.

Name: _____ D.O.B _____ / _____ / _____

Sign: _____ Date: _____

Relationship with gym user: _____

(Young people under 16 years cannot 'Quick Start')