

HEALTH COMMITMENT STATEMENT AND WAIVER



Kilkenny Local Authorities Leisure Complex Ltd
T/A The Watershed
Bohernatounish Road, Kilkenny

Tel: +353 56 7734620
Web: www.thewatershed.ie

Our commitment to you:

1. We will respect your personal decisions and allow you to make your own choices about what exercises 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 by our governing body
4. If you tell us that you have a disability which puts you at substantial disadvantage in accessing our equipment and facilities, we will consider what adjustments, 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, seek advice from a relevant medical professional before you use our equipment or facilities
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 unwell when using our equipment or facilities. Our staff members are not qualified doctors, but there will be a person available who has first aid training. If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

Waiver

1. I am voluntarily participating in any activities I choose to attend. I recognise that they require physical exertion that may be strenuous at times and may cause physical injury and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the above mentioned activities. I represent and warrant that I have no medical condition that would prevent my participation in the activities.
3. I agree to assume full responsibility for any risks, injuries or damage, known or unknown which I might incur as a result of participating in any activities. Such injuries may include, but are not limited to heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness, including death.
4. I knowingly, voluntarily and expressly waive any claim I may have against the company or instructor whose activity or facility I am attending, for injury or damages that I may sustain as a result of participating in any activities.
5. I, my heirs or representatives forever release, waive, discharge and covenant not to sue for any injury or death caused by negligence or other acts.
6. I have read the above waiver and release of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.