



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 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, before you use our equipment and facilities you should get advice from a relevant medical professional 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 obligations which you or we must meet.



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I CONFIRM THAT I HAVE READ AND UNDERSTOOD THE ABOVE *HEALTH COMMITMENT STATEMENT*.

I CONFIRM THAT I HAVE READ AND UNDERSTOOD THE *SPORT MEMBERSHIP TERMS AND CONDITIONS*, *SPORT MEMBERSHIP PRIVACY NOTICE* AND *SPORT AND WELL-BEING RULES AND REGULATIONS*.

Name –
Staff number –
Date –
I Have watched the Induction Video (Link Below) – Yes / No https://vimeo.com/610615080/573eb9d67c
Signature –



Sport & Well-being
Sports Membership Scheme

Name:

Payroll number:

I authorise deduction from my salary of the following fees at the rate stated below:

*£120.00 Sports membership fee for one year as from the month of _____,
deducted by twelve payments of £10.00 (non-refundable)

***Please note membership fee is subject to change as from September each year.**

****Please note there is no refund on membership fees.**

*****Please note that Payroll DO NOT automatically stop deductions at the end of the 12 months. If after this time you do not wish to continue the membership YOU need to inform sport@tees.ac.uk**

Signed: _____

Date: _____