



## **MDL FITNESS' COMMITMENT TO YOUR HEALTH AND WELLBEING**

MDL Fitness respects your personal decisions and encourages you to make your own choices about what type of exercise you can carry out and when.

We will make all reasonable efforts to make sure that our equipment and facilities are in a safe condition for you to use and ensure that our staff are qualified to required fitness industry standards.

If you have a disability which puts you at a disadvantage in accessing our equipment or facilities, we will consider what adjustments, if any, are reasonable for us to make.

In return we ask that you not exercise beyond your abilities. If you have a medical condition which could impede safe exercising practices or you are pregnant, please get advice from a relevant medical professional before using any of our equipment.

We ask all members to familiarise themselves with the gym rules, instructions, and any warning notices. It is your responsibility to not carry out any activities which you have been told are unsuitable for you.

Please notify a member of staff if you feel unwell. A qualified first aider will be on site at all times.