

UWS (University of the West of Scotland) Sport

Physical Activity Readiness Self Screening and Health Commitment Statement

Your health & safety is important to us. Many health benefits are associated with regular exercise, you can decide whether participating in physical activities is sensible for you.

Please read the following questions carefully. If you answer YES to one or more questions, we ask that you talk to your doctor BEFORE you begin using the Gym and/or Fitness Classes.

1. Do you ever feel pain, pressure, heaviness, or tightness in your chest when you do physical activity, or at rest?
2. Do you ever lose your balance because of dizziness, or do you ever lose consciousness?
3. Has your doctor ever said that you have a heart condition, circulatory problems, or high blood pressure and that you should only do physical activity recommended by a doctor?
4. Is your doctor currently prescribing drugs for your blood pressure or heart condition?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Do you know of any other reason you should not do physical activity?

***Please Note:* If you are aware of any medical conditions that may affect you whilst participating in an exercise programme, or your health status changes in the future leading you to answer YES to any of the above questions, we recommend you consult with your doctor before continuing your exercise programme.**

First aid trained staff members are available within the gyms and wider University. If you feel unwell, please do not hesitate to speak to a member of our gym team.

Health Commitment Statement

Your health is your responsibility. The management and staff of UWS Sport are dedicated to helping you 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....

- 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.
- 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.
- We will take all reasonable steps to make sure our staff are qualified to fitness industry standards.

- 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....

- If you know or are concerned that you have a medical condition which might interfere with your ability to exercise safely, before you use any equipment and facilities, you should get advice from your doctor/health professional and follow that advice.
- You should make yourself aware of and follow any rules and instructions (including any warning notices) and watch our gym induction video/s before using our facilities.
- You should let us know immediately if you feel unwell when using our equipment or facilities. There will always be a person available within the gym or wider University who has had first aid training.
- You must follow any reasonable instructions provided by your health professionals and/or gym staff to allow you to exercise safely.
- You should not carry out any activities which you have been told are not suitable for you and you should not exercise beyond your own abilities.
- You should promptly report to us any damage or disrepair caused or observed to any equipment for health & safety purposes.

This statement is for guidance only. It is not a legally binding document and does not create any obligations which you or we must meet.

To the extent permitted by law, the University Of The West of Scotland assume no liability for any loss, damages or injury sustained by persons using our facilities. For further information please refer to our Sports Facilities Terms & Conditions.