

Exercise Guidance Statement



We want as many people in Shetland to be active but want to ensure that you enjoy exercising and can do it as safely as possible. Please ensure that you follow the guidance below, particularly if you are starting a new activity to get active or returning to activity after a period of time.

Our commitment to you:

1. We will take reasonable steps to ensure that all of our equipment is fit for use and that all our staff are qualified to deliver any activity.
2. We will take reasonable steps to ensure that all our equipment and facilities are clean and safe for use for the normal purpose they were intended for. Keep in mind that we will not be able to clean or inspect all pieces of equipment after each use by a customer in some areas.

Your commitment to us:

1. You will ensure that you are fit to participate in activity and are not under the influence of alcohol or drugs.
2. You will take reasonable steps to ensure you use equipment in a way that it is intended for.
3. You will adhere to instructions and guidance of our staff.

Related to exercise

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 will ask you not to exercise beyond what you consider to be your own abilities.
2. If you have a disability which puts you at a disadvantage to accessing equipment and facilities we will consider what adjustments, if any, are reasonable for use to make to allow you access.
3. We may offer services that include online or virtual training at our sites to assist you in accessing activity to become more active.

Your commitment to us:

1. Do not exercise beyond your own abilities. If you have not been shown the safe use of a piece of equipment please seek the advice of a staff member prior to use.
2. If you have a known medical condition, or if you are unsure whether you are fit enough to start exercising or a new activity please seek medical advice prior to starting the exercise. You should not carry out any exercise or activity which you have been told are not suitable for you.
3. Make sure you're aware of any rules and instructions including warning notices and follow them.
4. Demonstrate good etiquette when using facilities and be mindful of other users and be respectful when sharing activity spaces or equipment.
5. Let us know immediately if our equipment is unsafe for use or if you feel ill whilst using our facilities. Our staff are first aid trained and will be able to assist you.