**Fitness & Health Facilities: Conditions of Use**

We trust you will enjoy the health and fitness facilities we have provided. We place great importance on your health and safety – in order to benefit from these facilities, we ask you to read and abide by the following rules:

**CHILDREN & YOUNG PEOPLE UNDER 18 YEARS OF AGE**

Persons under 18 years of age must be under the direct supervision of a parent or legally responsible adult at all times.

**PREGNANT WOMEN**

If you are pregnant or may be pregnant, you are advised not to use any of these facilities.

**ALCOHOL & DRUGS**

Anyone under the influence of alcohol, drugs – including prescribed medications which may impair performance - are prohibited from using the facilities. Guests taking prescribed medicines may use the facilities only after consulting their physician and obtaining specific permission to do so.

**SMOKING**

Smoking is not allowed anywhere at Mountain View, inside or outside the buildings.

**MEDICAL**

Guests suffering from heart or chest conditions, back problems, fits, migraine, kidney or urinary problems, diabetes and fluid retention are advised against using the facilities.

**HYGIENE**

Although the gym equipment is regularly cleaned, in the interest of hygiene please wipe down the machines after use – cleaning materials are provided.

**HYDRATION**

Drinking water is provided at the exercise station – please ensure that you drink sufficient water. Please avoid using single-use plastic bottles, and refill your container at this water point – or at the chilled, filtered water point in the catering area.

**Fitness & Health Facilities: Commitment Statement**

Your health is your responsibility. The management and staff of Mountain View and the AFD Group 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 choices and allow you to make your own decision about what, if any, exercise you carry out. We ask you not to exercise beyond your own abilities nor to risk your health or that of others.
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 staff (if any) providing health and fitness advice are qualified to the fitness industry standards as set out by the Register of Exercise Professionals.

**Your Commitment to Us:**

1. You will make yourself aware of any rules and instructions, including warning notices, and follow them carefully.
2. You will ensure you fully understand how to use the equipment before using it for the first time.
3. You will wear suitable clothing and footwear when using the equipment.
4. You will use any safety features of the equipment, and never seek to interfere with them or limit their effectiveness.
5. You will check that the equipment is safe to use before each use and will report at once any defect or concern about the equipment.
6. You agree that Mountain View provides exercise facilities on an “as-is” basis, and that these facilities may be withdrawn at any time without notice.
7. You will not exercise beyond your own abilities or health limitations. 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 will seek advice from a relevant medical professional and follow that advice carefully.
8. Exercise carries its own risks and you must not carry out any activities which you have been told are not suitable for you.
9. You will immediately cease using our equipment if you feel unwell at any time – and seek the advice of a qualified medical professional.
10. You acknowledge that Mountain View and AFD Staff are not qualified as medical professionals, and are unable to give health and medical advice.
11. If you have an illness or disability, you will follow any reasonable instructions to allow you to exercise safely, accepting that in some cases this may include refraining from exercise.
12. You acknowledge that neither Mountain View nor its owners can accept responsibility for any injury incurred whilst using the equipment or facilities.
13. If you do suffer any accident or injury whilst on our premises, you will report it – and the circumstances under which it happened – at once.

Please sign below to indicate your understanding of the above information, and your agreement to comply in full with it:

Signed:

Name: Date: