



# Pre Exercise Screening

## Medical Profile

1. Do you have any heart/lung disease or diabetes?
2. Do you often have fainting or dizzy spells?
3. Do you suffer from high blood pressure?
4. Do you suffer from bone/joint problems?
5. Is there any other reason why you should not take part in physical activity?
6. FEMALES - are you pregnant?

**If you answer YES to any of the above questions, speak to your doctor BEFORE you start becoming physically active.**

You may be able to do any activity you want - as long as you start slowly and build up gradually. You may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities in which you wish to participate and follow your doctor's advice.

You should delay becoming more active if you are not feeling well because of a temporary illness such as a cold or fever - wait until you feel better.

I therefore confirm that I do not suffer from any of the above conditions, which may prevent participation in an exercise programme. If I have answered YES to any of the questions above I confirm that I have sought advice from my General Practitioner and we have agreed that it is safe for me to begin an exercise programme. If my condition changes, I will seek further guidance from my General Practitioner.

## Health Declaration

**Your health is your responsibility. We are dedicated to helping you take every opportunity to enjoy our clubs and facilities.**

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 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 always be a member of staff available to administer emergency first-aid.

## **Induction**

Volair recognises the importance of every member undergoing an induction. This is carefully designed to ensure that each user is made aware of the facilities, equipment and services available. We strongly recommend that each member undergoes an induction.

Not with standing our recommendation to you to undertake an induction, some members may feel they are an experienced gym users and express an unwillingness to undertake an induction. In these circumstances we will allow you to use our facilities and equipment, providing that you:

- Seek advice from a member of our staff if you are in anyway unfamiliar with a particular piece of equipment or type of exercise
- Understand and complete an induction waiver form at reception before your first visit
- You are aware of the emergency fire points and exits should you need to evacuate in an emergency.

It is your responsibility to book an induction before using our facilities or equipment. Please contact the membership team on 0151 443 2200 to book.