

## GYM DISCLAIMER

In order to enjoy the Gym to its full potential and to ensure your safety, certain precautions need to be taken. Please note that if you do not complete this form, you will be refused entry to the Gym.

### PLEASE READ THE FOLLOWING CAREFULLY AND COMPLETE AND SIGN

Users are advised not to undertake physical activity for which they might be medically unfit. Westminster Green Management Company and Hurford Salvi Carr Property Management Limited will not be in any way responsible for any harm which may come to the user as a result of their undertaking any activity within the Gym facilities which is beyond their physical capability.

Please ensure that if you suffer an injury within the facilities that you report it immediately to a member of staff within Westminster Green, i.e. reception / security.

You should not use the Gym if you have eaten or had any alcohol within 90 minutes of taking exercise.

Please indicate below if you have previously suffered from the following:

|    |  | YES | NO |
|----|--|-----|----|
| 1. | Heart Condition                        |     |    |
| 2. | High Blood Pressure                    |     |    |
| 3. | Diabetes                               |     |    |
| 4. | Respiratory Illnesses including Asthma |     |    |
| 5. | Giddiness or Fainting                  |     |    |
| 6. | Currently under Medical Treatment      |     |    |

Please ensure that you follow the guidance information below:

- a) I will follow the operating instructions found on the equipment.
- b) I understand it is my responsibility to familiarise myself with the location of all marked emergency alarms within the Gym which will notify a member on duty at reception.
- c) If I raise the Panic Alarm then I will:  
Remain in the Gym until professional assistance arrives.
- d) If I raise the Fire Alarm then I will:  
Follow all emergency exit routes and evacuate the building congregating on the corner of Dean Ryle Street and Horseferry Road.

**I HAVE READ AND UNDERSTAND THE INFORMATION ABOVE AND TAKE FULL RESPONSIBILITY FOR MY ACTIONS WHILE WITHIN THE GYM AREA.**

**Sign:** ..... **Print:** .....  
(In Block Capitals)

**Date:** ..... **Apartment:** .....