Health Commitment Statement

Your health is your responsibility. The management and staff of Halo Leisure 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 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.
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 our staff are qualified to the fitness industry standards as set out by the Register of Exercise Professionals.
4. 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

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 that 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 be a person available who has had first-aid training.
4. If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

Datganiad o Ymrwymiad er mwyn Iechyd

Eich cyfrifoldeb chi yw eich iechyd chi. Mae’r rheolwyr a’r staff yn Halo Leisure yn ymroddedig i’ch helpu i ddal ar bob cyfle i fwynhau’r cyfleusterau yr ydym yn eu cynnig. Gan gadw hyn mewn cof, rydym wedi ystyried yn ofalus beth allwn yn rhesymol ei ddisgwyl gan ein gilydd.

Ein hymrwymiad ni i chi

1. Byddwn yn parchu eich penderfyniadau personol, ac yn caniatáu i chi wneud eich penderfyniadau eich hun o ran pa ymarfer corff y gallwch ei wneud. Fodd bynnag, gofynnwn i chi beidio â gwneud ymarfer corff sy’n mynd y tu hwnt i derfyn eich galluoedd chi eich hun yn eich tyb chi.
2. Byddwn yn gwneud pob ymdrech rhesymol i sicrhau bod ein hoffer a’r cyfleusterau mewn cyflwr diogel i chi eu defnyddio a’u mwynhau.
3. Byddwn yn cymryd pob cam rhesymol i sicrhau bod ein staff wedi’u cymhwyso’n unol â safonau’r diwydiant ffitrwydd fel a nodir yng Nghofrestr y Gweithwyr Ymarfer Corff Proffesiynol.
4. Os byddwch chi’n dweud wrthym bod gennych anabledd sy’n eich rhoi dan anfantais sylweddol wrth geisio mynediad at ein hoffer a’n cyfleusterau, byddwn yn ystyried pa addasiadau, os o gwbl, y mae’n rhesymol i ni eu gwneud.

Eich ymrwymiad chi i ni

1. Ni ddylech wneud ymarfer corff sy’n mynd y tu hwnt i derfyn eich galluoedd chi eich hun. Os ydych yn gwybod neu’n pryderu bod cyflwr meddygol arnoch a allai darfu ar eich gallu i wneud ymarfer corff yn ddiogel, cyn defnyddio ein hoffer a’n cyfleusterau dylech gael cyngor gan weithiwr meddygol proffesiynol a dilyn y cyngor hwnnw.
2. Dylech eich gwneud eich hun yn ymwybodol o unrhyw reolau a chyfarwyddiadau, gan gynnwys hysbysiadau rhybuddio. Daw ymarfer corff â’i risgiau ei hun yn ei sgîl. Ni ddylech gymryd rhan mewn unrhyw weithgareddau y dywedwyd wrthych eu bod yn anaddas ar eich cyfer.
3. Dylech roi gwybod inni ar unwaith os byddwch yn teimlo’n sâl wrth ddefnyddio ein hoffer neu ein cyfleusterau. Nid yw ein haelodau o staff yn feddygon cymwys, ond bydd rhywun ar gael sydd wedi cael hyfforddiant cymorth cyntaf.
4. Os oes gennych anabledd, mae’n rhaid i chi ddilyn unrhyw gyfarwyddiadau rhesymol i’ch galluogi i wneud ymarfer corff yn ddiogel.

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

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Mae’r datganiad hwn wedi’i fwriadu fel arweiniad yn unig. Nid yw’n gytundeb cyfreithiol-rwymol rhyngoch chi a ni ac nid yw’n creu unrhyw rwymedigaethau y mae’n rhaid i chi na ni eu cyflawni.

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FITNESS INDUSTRY ASSOCIATION

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