

Gym Facility Self Assessment for Physical Activity

Please read these questions carefully and provide honest answers	YES	NO
1. Has your doctor ever said you have a heart condition and you should only do physical activity recommended by a doctor?		
2. Do you feel pain in your chest when you do physical activity?		
3. In the past month have you had chest pain when you were not doing physical activity?		
4. Do you ever lose consciousness or your balance due to dizziness?		
5. Is your doctor currently prescribing medication for your blood pressure or heart condition?		
6. Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
7. Have you ever experienced a stroke or mini stroke?		
8. Do you have insulin dependent diabetes?		
9. Do you suffer from asthma?		
10. Have you had a serious injury or operation within the last 18 months?		
11. Do you know of any other reason you should not exercise or increase your physical activity?		

If you answered, 'Yes' to any of the questions above please talk to your on-site medic before you become more physically active.

If you answered, 'No' to any of the above questions you can be reasonably sure you can become more physically active.

Please note should you find that your health changes and you would need to answer 'Yes' to any of the above questions please tell your medic immediately. Health changes may mean it would be inappropriate for you to use the gym facilities.

CONDITIONS OF USE FOR GYM EQUIPMENT

The gym and equipment are supplied for the use of all personnel, however users must acknowledge the following criteria:

- All personnel should complete the gym fitness self-assessment questionnaire above before using the gym equipment
- Personnel are reminded that they should not undertake serious physical activities without first seeking medical advice if they have concerns over their physical condition
- All personnel who use the facilities and equipment provided for the purpose intended and follow instructions given in respect them
- Equipment appearing to be worn or broken must not be used and must be reported to your health and safety representative immediately
- If you are unsure how to use the equipment refer to the notices/instructions. Once you have read these if you are still unsure, please book a virtual call with a Wellness Coach pt@healthoutfit.co.uk
- Clean up behind you
- If you start to feel unwell when exercising seek help from a colleague or call 2222
- If you see any gym users abusing the equipment or using it inappropriately, please report this to your health and safety superintendent
- Be courteous and helpful to other gym users
- In the interests of safety and hygiene, no crockery, glass or food is allowed in the gym
- Adhere to the dress code for the gym: T shirt/vest, shorts and trainers is the minimum standard acceptable

You understand that there is a risk of physical injury associated with using the gym facilities. If you engage in any activities in the gym facilities, you agree that you do so at your own risk. You are voluntarily participating in these activities, assume all risk of injury to yourself and release and discharge Harbour Energy, its directors, employees and agents from any and all claims or causes of action, known or unknown, howsoever arising including, to the extent permitted by law, from the negligence of Harbour Energy, its directors, employees or agents.

You have read and understood this questionnaire. Any questions regarding the questionnaire have been answered to your full satisfaction. You will comply with the gym requirements and accept the conditions of use at all times when using the gym.