

Huncote Harriers A.C.
HEALTH COMMITMENT STATEMENT

Your health is your responsibility.

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 our events are organised to accepted safe operational standards for you to enjoy.

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 your safe participation you should seek advice from a relevant medical professional and follow that advice.

2. It is your decision to determine whether you are fit enough to exercise.

3. You should inform the coach/leader immediately if you feel unwell whilst participating.

4. You should read and follow the clubs risk assessment for training runs.

5. You should listen to and follow the instructions given by the coach/leader.

This Health Commitment Statement sets the standards that Huncote Harriers A.C. and the participant can reasonably expect from each other in regards to the health of the participant.