

## St Mary's University Health and Participation Commitment Statements

### Introduction

As part of the registration process, members are required to read and agree to the following Health and Participation Commitment Statements ("the Commitment Statements") and to consider the Independent Health Management Guidance.

The Commitment Statements highlight what we can reasonably expect of each other in relation to your health, the wellbeing of others and the maintenance of the facilities whilst participating in any physical activity at St Mary's University ("Sport St Mary's").

#### *Our commitment to you:*

1. We will take reasonable steps to make sure that all physical activities are carried out in an appropriately safe environment, adopting a recognised risk management process that is available upon request.
2. We will take all reasonable steps to ensure that all of our staff are competent and appropriately qualified to facilitate physical activity.
3. We will take all reasonable steps to assist you with any enquiries you may have about your health and wellbeing in relation to physical activity, this includes considering what adjustments, if any, can be made, if you inform us of a disability which puts you at a substantial disadvantage in accessing the facilities.
4. We will respect your personal decisions regarding participation in physical activity, in balance with course related requirements, and will provide relevant support in respect of reducing the risk of and managing injury..

#### *Your commitment to us:*

1. You accept responsibility for your own health, including gauging and communicating your ability and capacity to participate in any level of physical activity. This includes where your ability to be physically active may be a risk to others.
2. You must seek medical advice if you know of, or are concerned, that you have a medical condition which may interfere with any form of physical activity.
3. You should not participate in physical activity if you have been instructed not to do so by a member of the medical profession. A relevant member of staff should be informed of any instruction provided by a medical professional.
4. You should inform a relevant member of staff if you feel ill or are injured before, during, or after participating in any physical activity.
5. You should make yourself aware of, and adhere to, any specific facility or activity guidance, including relevant terms and conditions and safety notices/instruction. Terms and conditions and/or safety notices/instruction should be identified upon undertaking physical activity induction or may be requested from a member of staff.
6. You agree to only undertake activity under suitable supervision or attend training that appropriately allows for independent physical activity.
7. You will treat St Mary's University's property with caution and care, reporting any damage, loss or theft that may arise.

### Independent Health Management Guidance

If you intend on participating in physical activity as a member of the facilities and recreational sports programs, we request that you read and consider the following guidance. The purpose of this guidance is to assess broadly your current health with regard to your readiness to participate in physical activity. It should be noted that this guidance is a tool that St Mary's provides to help facilitate the **independent management of your own health.** Thus, please read the following questions carefully and answer them honestly, as this will provide you with the most accurate guidelines on how you should progress. These forms **will not** be reviewed by a member of staff and, to reiterate, are provided to facilitate the independent management of your own health.

1. Has your doctor said that you have a heart condition and that you should only carry out physical activity recommended by a doctor?
2. Do you feel pain in your chest when you participate in physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or ever lose consciousness?
5. Do you have a bone or joint problem (e.g. back, knee, or hip) that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (e.g. tablets) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not undertake physical activity?

If you answered YES to one or more questions:

It is recommended that you talk with your doctor by phone or in person prior to commencing or increasing your existing level of physical activity. Make a note of which questions you answered YES to, as this will facilitate the process. Following assessment and clearing by a medical professional, all relevant instruction should be relayed to the appropriate members of St Mary's staff prior to physical activity.

If you answered NO to all questions:

You should feel confident to gradually increase your level of physical activity.

**PLEASE NOTE:** If your health changes at any time so that you were to answer YES to one or more of the above questions it is your responsibility to contact your local healthcare professional to ensure that it is safe for you to participate in physical activity. If you have any uncertainty please speak to a member of staff.

Print Name.....

Signature ..... Date:.....