

Ambleside Gym Disclaimer

I understand that the Ambleside Campus Gym will be unsupervised sometimes.

I understand the greater risks of exercising unsupervised, especially alone. It is unlikely that there will be anybody to attend to me should I have a severe injury, or who will be able to summon assistance, or to utilise the resuscitation equipment in a timely manner.

I understand that there is a risk in the use of gym equipment, especially free weights, and the necessity to exercise within my capabilities. I understand it is my responsibility to train correctly and I do so at my own risk.

I understand that the University will not be responsible in any way for any harm or injuries that may occur during these unsupervised times, except as a result of its own negligence.

I agree to use the equipment provided with care and in accordance with the instructions provided and as explained during my induction.

I understand that other gym users will not be qualified trainers or members of University staff and any advice or encouragement should be taken with caution, the University cannot be liable for injury as a result of following such advice.

I have undergone a health check and supervised workout induction at the Ambleside Campus Gym within the past 12 months.

I have read and understood the Ambleside Gym risk assessment, in particular noting and accepting the control measures in respect of lone use.

I understand that I should not use the equipment if I am unwell or feel dizzy at any time.

I understand that I am not permitted to offer access to or admit anybody into the Ambleside Campus Gym at any time. I understand that failure to comply will result in termination of my membership with no refund of fees.

I understand that I am not permitted to use the gym if I am under the influence of alcohol or drugs.

I understand that there is CCTV surveillance of the gym but that this is not continually monitored and assistance can only be sought by using the telephone supplied in the gym and dialing ext 5274

In using the gym I agree to report any injuries I suffer to the Barn reception immediately.

In using the gym I agree to report any defective or dangerous equipment to the Barn reception immediately.

I understand my Cumbria Card will act as my gym membership card and also the door access swipe card and that it is non-transferable and if I am found to have allowed my Cumbria card to be used by any other person my membership will be terminated and I may be subject to a disciplinary investigation under the student code of conduct.

I agree to be respectful of and courteous to other gym users and shall not use any gym equipment for long periods at busy times or if other users want to or are waiting to use it.

I understand that any equipment removed or damaged will be charged at the full replacement cost.

I understand the University shall not be liable for any damage to, loss, or theft of my personal property.