

ActiveHud Health Commitment Statement

Welcome

Active Hud is committed to providing a safe, welcoming and inclusive environment for everyone. Regular physical activity offers many health benefits; however, exercise may not be suitable for everyone and carries some level of risk.

By using our facilities, attending classes or participating in activities, you agree to the following.

Your Commitment

- Exercise within your own capabilities and choose activities appropriate to your fitness level.
- Monitor your own physical condition during exercise.
- Ask a member of staff if you are unsure how to use equipment safely or participate in an activity.
- Stop exercising immediately if you experience chest pain, dizziness, faintness, unusual shortness of breath, pain or any other concerning symptoms.
- Seek assistance from a member of staff or first aider if you feel unwell before, during or after exercise. Staff are trained first aiders and can provide first aid and arrange further medical assistance where required.
- Follow all instructions, safety guidance and facility rules.

Medical Advice

Before taking part in physical activity, seek advice from a suitably qualified healthcare professional if you have a medical condition, are recovering from illness, injury, surgery or medical treatment, are pregnant or have recently given birth, or have any concerns about exercise suitability.

Our Commitment

- Provide a safe, clean and well-maintained environment.
- Ensure staff are appropriately trained for their roles.
- Provide guidance on the safe use of facilities and equipment.
- Promote participation in a responsible and inclusive manner, making reasonable adjustments where appropriate to support users with disabilities.
- Maintain appropriate emergency procedures and first aid arrangements.

Acknowledgement

By accessing and using Active Hud facilities and services, you confirm that you have read and understood this Health Commitment Statement and accept responsibility for your own health and wellbeing while participating in physical activity.

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