

DiscoFit Wellbeing Declaration

In relation to the use of our services, you warrant, declare and acknowledge that:

1. The information given by you in entering this agreement is correct and will be relied upon by us.
2. Our staff, agents and subcontractors are not medically trained and should you have any concerns with your health and fitness you should seek independent medical advice before engaging in any physical activity.
3. To the best of your knowledge and belief you are in good health and not knowingly incapable of engaging in either active or passive exercise and that such exercise would not be detrimental to your health, safety, comfort, wellbeing or physical condition. Further, that you will advise us immediately should your health or vulnerability to injury change.
4. If you have any pre-existing medical conditions, you may be pregnant or you are breastfeeding, you have consulted your medical professional or general practitioner before beginning to use our services, including those provided in the App.
5. If you have a pre-existing medical condition which will benefit from regular exercise, your GP has signed this off and recorded this on your medical records.
6. You have read and understood this agreement and all of its Terms and Conditions before accepting them below.
7. This agreement will become binding upon both parties once you have checked the "I confirm that I have read and agree to DiscoFit Wellbeing Declaration" box.

You are primarily responsible for your health and wellbeing, but we at DiscoFit are concerned that you enjoy our services safely. To that end we consider that we should expect the following of each other.

From us:

- Whilst we will respect your decision over your training regime we reserve the right to ask you not to exercise beyond what we reasonably believe to be your personal ability.
- We shall endeavor to maintain a safe environment for you to enjoy your exercise.
- We shall at all times keep confidential any information that you give us regarding your health.

Fire procedures

If you suspect a fire, press the nearest red fire call point, and leave the building immediately.

In the event of the fire alarm sounding or when instructed to leave, please evacuate through the nearest and safest exit. Do NOT go back into the building to collect your belongings.

DiscoFit is a brand managed by SML Events Ltd.

Registered in England Company Number 09458656. Registered Office: 72 Torrington Road, Portsmouth, Hampshire, PO2 0TW.

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