**Health Commitment Statement**

Your health is your responsibility. The club and officials of Carn Runners would like you to take every opportunity to enjoy your participation with our club. With this in mind, we have carefully considered what we can reasonably expect of each other.

**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 activities 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 in our activities, before you come along you should seek advice from a relevant medical professional and follow that advice.

3.      You should let us know immediately, if you feel unwell whilst participating in one of our activities. Our officials are not qualified Doctors, but there will be basic first aid provision during our activities.

4.      If you have a disability, you must follow any reasonable instructions to allow you to complete our activities safely.

This Health Commitment Statement sets the standards that Carn Runners and the member can reasonably expect from each other in regards to the health of the member.

This statement is for guidance only. It is not a legally binding agreement between you and us and does not create any obligation which you or we must meet.