

TITLE: Policy – Health & Fitness

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1.0 PURPOSE

The purpose of this policy is to outline the arrangements that apply for Health & Fitness.

2.0 SCOPE

This policy forms part of the Terms & Conditions (T&Cs) applicable to all clients of NY Studio, located at Unit 21, Terry Dicken Industrial Estate, Station Road, Stokesley, TS9 7AE.

3.0 RESPONSIBILITIES

The business owner will be responsible for ensuring that the T&Cs are kept up to date
Clients should make themselves familiar with the contents of this policy document.

4.0 POLICY

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2	310822	General Update	GAG	KJG	KJG
1	260520	General Update	GAG	KJG	KJG
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REV	DATE	AMENDMENT	PREPARED	CHECKED	APPROVED

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NY Studio Pilates: Health & Fitness Policy

Please take a moment to read because client safety and well-being is important to us. We don't have many rules but the ones that we do have are to make it easier and safer for you and all our clients.

1.0 ENROLMENT

We are concerned for your wellbeing. Completion of an Enrolment Form and Online Profile is required for everyone before booking sessions. Please be sure to update your contact or medical details if they change on TeamUp.

2.0 HEALTH ISSUES

Health issues are identified at enrolment and will be taken into account prior to Massage Therapy sessions and by the Pilates Teacher in Class Pilates sessions.

Any circumstances affecting health which may be exacerbated by any activities undertaken during Massage Therapy or Class Pilates sessions or which may have arisen or worsened since any previous sessions should be identified to the Massage Therapist / Pilates Teacher before session begins.

Clients may be refused access to sessions if, in our absolute discretion, it is believed their health may be endangered by participation.

3.0 SICKNESS

We have a strict policy that anyone ill, unwell, feeling either ill or unwell or otherwise showing symptoms of illness whatsoever, should stay at home and book out of class.

4.0 INSTRUCTION

Our Massage Therapists / Pilates Teachers are experienced and qualified with the best industry standards. They will provide instruction using research backed exercises and treatments with reasonable care and skill.

- Please listen up in your session and follow the instructions of the Massage Therapist / Pilates Teacher carefully at all times as we do not want you to injure yourself!
- Please note clients undertake unsupervised exercise at their own risk and should seek guidance and medical advice as appropriate.

5.0 FITNESS

We believe that everyone should be responsible for their health & fitness. We can advise but that does not constitute medical advice and does not substitute advice provided by a medical professional. You must accept the risk of injury from performing exercises and ensure that you have taken medical advice if at all concerned about physical condition and wellbeing.