

DISCLAIMER

By booking either a pool or gym slot you are confirming that you and all members of your party-

- Have read the protocols for using the facility
- Understand and acknowledge the risks involved and their role in minimising that risk.
- Are not showing symptoms of COVID-19.
- That you haven't come into contact with anyone who has been diagnosed with COVID-19.

You and the members of your party also accept that all forms of physical activity and exercise, including swimming may present an element of risk. Carrickdale recommends that all clients/participants seek medical advice prior to using the facility or services. You hereby fully understand and accept that the Carrickdale, it's management and staff will not be held liable for any injuries, medical conditions, loss or damage to property or loss of income sustained as a result of using the service or facilities. You hereby state that you know of no reason, medical or otherwise why you should not participate in any of the activities and you accept the full responsibility for any consequences of your participation. Children under the age of 16 must be accompanied by an adult in the pool. Children under 16 or if you are pregnant or have a certain condition such as low blood pressure are not permitted into the sauna, steam room or jacuzzi. Entry to the gym is strictly over 16's.

Please inform a member of staff if you are pregnant or have been in the last 3 months are taking any medication or you suffer from any of the following: heart condition, asthma, diabetes, blood pressure problems, joint or muscle pain, chest pain.

You also acknowledge that if you test positive for COVID-19 up to 7 days after attending our facilities that you will inform Carrickdale Health & Leisure Complex.