

**MAN v FAT RUGBY®**

# HEALTH RESPONSIBILITY & WELLBEING STATEMENTS

# HEALTH RESPONSIBILITY STATEMENT

---

Your health is your responsibility. The team at MAN v FAT are dedicated to supporting you in taking every opportunity to improve your health. With this in mind, we have carefully considered what we can reasonably expect of each other.

## OUR COMMITMENT TO YOU

1. We will make every reasonable effort to make sure that our equipment and facilities that we use are in a safe condition for you to use and enjoy.
2. We will take all reasonable steps to ensure that each club/venue provides an appointed first aider.
3. If you tell us that you have a disability which puts you at a substantial disadvantage when participating or accessing facilities, we will consider what adjustments, if any, are reasonable for us to make.



## 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 you exercising, before you participate you must get advice from a relevant medical professional and follow that advice. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
2. You should familiarise yourself with any rules and instructions, including safety notices. You should let us know immediately if you feel ill when participating in sessions. Our staff members are not medically trained, but there will be a person available that is trained in First Aid. You may be advised to seek further medical attention.
3. If you have a disability, you must follow any reasonable instructions to allow you to participate safely.

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

# YOUR READINESS FOR EXERCISE PARTICIPATION

Your informed consent for participation in physical activity, sessions or events with MAN v FAT Ltd.

The sessions are designed to allow players to moderate your own activity levels and participate only as much as you feel you are capable of. In doing so it may be possible that you will work at a higher level of exertion compared to your everyday activity. You may therefore experience quicker breathing, increased heart rate and increased stress on joints and muscles. You may become hot and sweaty and experience some short-term muscle soreness on the days following the session.

If at any time you feel any pain or discomfort, stop the exercise and inform your coach. MAN v FAT Rugby coaches do not instruct exercise of any kind at weekly MAN v FAT Rugby sessions. Therefore coaches may not be trained to provide physical activity or injury advice.

Please inform your Coach if you feel that for any reason you should not perform any activities in this programme (such as any illness or injury that could be

aggravated by such activity). If you are unsure, you are advised to visit your GP or other health professional. You are required to follow any advice given to you by your GP or health professional.

You understand that any exercise, diet or lifestyle coaching is not intended as a diagnosis, prescription, treatment or cure for any disease, injury or illness and is not intended as a substitute for regular medical care.

The activity can be explained to you and it will be left to you to identify if you can take part or not. If you have to ask questions about the programme, please do so at your earliest possible convenience, either in person, email or telephone.

Please understand that you can withdraw from the programme at any time.

Regular physical activity is fun and healthy, being more active is very safe for most people.

However, some people should check with their doctor before they start becoming more physically active.

When registering with MAN v FAT Rugby you will be asked to submit personal information such as medical conditions and medication. Please note that MAN v FAT Rugby coaches are not medically trained nor would they be expected to use this information to advise as to the suitability of the exercise. This information is merely collected and stored securely with each player profile to pass on to emergency responders where necessary.

If you are required to talk with your doctor about the kinds of activities you wish to participate in, you are responsible for ensuring you follow the advice. By committing to MAN v FAT Rugby you are confirming that you are not participating against the advice of a health professional.

# HEALTH AND WELLBEING COMMITMENT STATEMENT

Our staff are not medically qualified, if you have any doubts about your fitness or capability to exercise or participate in a weight loss programme, you must seek advice from a medical professional before you start/continue to participate.

For safety reasons, you are responsible for correctly using all facilities and equipment. You must also read and follow any safety notices or updates displayed throughout the facilities or shared via email or WhatsApp by MAN v FAT.

Our aim is to help you to feel better and support you in improving your health. We try to make this as enjoyable as possible through participation in our rugby clubs. We recognise that everyone has different aims, levels of skill and fitness. The safest way to return to physical activity is gradually and at your own pace.

## YOUR OVERALL HEALTH AND FITNESS

Your health is always your responsibility. It is therefore your responsibility to ensure that there are no medical reasons why you should not embark upon a recreational sports exercise and weight loss programme. If in any doubt at all, you should take medical advice from your doctor or health practitioner.

Anyone who has any medical conditions must let us know and may be required to obtain their doctor's permission to embark upon a weight loss programme with MAN v FAT Rugby. Anyone who has diabetes should inform us and always follow the advice given by their diabetes care team.

If you have any sort of disability, you should follow any reasonable recommendations to maintain personal safety.

If you have or if you are concerned that you may have an eating disorder it is important to consult your doctor for advice.

If you have had weight loss surgery then you must have approval from your doctor or health practitioner that it is appropriate for you to join MAN v FAT Rugby.

It is required that each member takes an active interest in your own personal health and safety. This includes when completing any exercise which has been suggested by MAN v FAT Rugby or their representative, either at or outside the group.

MAN v FAT will support you in your efforts to lose weight.

We will ensure that staff present provide the services they are trained to with reasonable care and skill.

You must stop all activity and should inform a member of the team immediately if you feel ill, suffer any unusual symptoms or have injured yourself in any way when participating in our activity or accessing the facilities. Our staff members are not qualified medical staff, but there will be a person available who has had first aid training.

To make sure you get the most from every activity that you do in the safest possible way, you should always make sure that you warm up properly and take time to cool down after your activity.

You are responsible for organising your own insurance against injury. MAN v FAT Ltd provides public liability insurance and employer liability insurance.