

VIRGIN ACTIVE SINGAPORE HEALTH COMMITMENT STATEMENT



Your health is your responsibility. We want you to enjoy Virgin Active safely and we will do what we reasonably can to support a safe, welcoming and enjoyable Club experience. At the same time, exercise and the use of fitness, recovery and wellness facilities involve some risk, so we ask you to take responsibility for your own health, fitness and choices.

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, fitness level and any medical advice you have received.
2. We will make every reasonable effort to keep our equipment and facilities in a safe condition for you to use and enjoy.
3. We will take all reasonable steps to make sure our team members are appropriately trained or qualified for their role.
4. If you tell us that you have a disability, medical condition, injury, pregnancy-related need or accessibility requirement that may affect your use of our equipment, facilities or services, we will consider what reasonable support or adjustments may be appropriate and practicable.
5. If we reasonably consider it necessary for health and safety reasons, we may ask you to obtain medical clearance before using certain facilities, taking part in certain activities, or continuing to use the Club.

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, injury, pregnancy-related need, disability, are taking medication, or have any other condition that may affect your ability to exercise or use our facilities safely, you should seek advice from a relevant medical professional before you using our equipment, facilities or services and follow that advice.
2. You should make yourself aware of, and follow, all rules and instructions, including warning notices, and follow them. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
3. You should stop exercising immediately and let a Virgin Active team member know if you feel ill, unwell, dizzy, faint, short of breath, in pain or otherwise uncomfortable while using our equipment, facilities or services. Our team members are not qualified doctors and cannot provide medical diagnosis or medical advice, but there will be a person available who has had first-aid training.
4. If you have a disability, medical condition, injury or accessibility need, you must follow any reasonable instructions or adjustments to allow you to use the Club safely.
5. You should keep us updated if your health, medical condition, medication, pregnancy status or other relevant circumstances change in a way that may affect your safe use of the Club, including our training areas, classes, pool, steam room, cold plunge, recovery equipment or other facilities.
6. You are responsible for the accuracy of the health and safety information you provide to us. We will handle any personal data, including health or accessibility information, in accordance with our Privacy Policy and applicable law.

This Health Commitment Statement forms part of our approach to health and safety and should be read together with your Membership Agreement, the Club Rules and any specific facility or activity rules. Nothing in this statement excludes or limits any liability which cannot be excluded or limited under applicable law.