

MAN v FAT FOOTBALL®

HEALTH RESPONSIBILITY STATEMENT

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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.

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 Football coaches do not instruct exercise of any kind at weekly MAN v FAT Football 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 Football you will be asked to submit personal information such as medical conditions and medication. Please note that MAN v FAT Football 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 Football you are confirming that you are not participating against the advice of a health professional.