

Public Liability Disclaimer

DISCLAIMER

Anyone using the gym or fitness centre does so at their own risk. Lync Active accepts no responsibility for injuries, however caused when in the premises; neither the loss or damage of personal property which any user of the facility may take with them. Lync Active recommend to train with 1 other person to reduce the risk of illness/injury, persons whom chose to train individually, do this at their own risk.

Members including applicants for memberships are advised that it is the responsibility of each individual members to ensure that he or she has achieved such levels of fitness and general health as will allow the use of the centre/participate in other external sessions (classes) without injury or accident.

Members are recommended to have some form of personal medical insurance to cover injury and should take advice from their GP before taking part in any physical exercise.

It is important to note that an induction course is carried out as part of the membership process at the discretion of the member, if a person is to refuse an induction, they do so at their own risk. It is strongly recommended that in case of doubt, members should refer to their GP for advice before starting training. It is also recommended members, in case of any doubt, to part take in a health check prior to their membership start date to assess the level of fitness and/or discuss a dedicated training program with a Lync Active staff member.

Lync Active can accept no liability for injury or accident other than in accordance with such duty as implied by the Occupiers Liability Act 1984 as amended from time to time.

Membership implies no warranty that the premises are reasonably safe for purpose for which members/applicants for membership are admitted.

Classes

Members/Non-members are to access classes at their own risk. Our classes are delivered on external grounds in which we do not hold accountability for any losses of valuables/illness/injury which may occur when our classes are being delivered.

Members/non-member agree to the nature of our classes, even where a greater risk is present, when booking on. Any issues/concerns from members/non-members are advised that you consult a Lync Active staff member prior to booking.

Boxing

Members/Non-members must follow the rules and conduct for the Lync Boxing Gym. These are outlined in the Lync Boxing Gym upon entry. Any queries or uncertainties about rules and conduct, please contact our Head Boxing Coach John Popplewell.

Sparing and contact exercise is permitted as the user own risk. Lync Boxing Academy do not take any responsibility for injuries or illness as a result of these actions.

Football

Members/Non-members must follow the rules and conduct for Lync Private Football Training. These are outlined upon request. Any queries or uncertainties about rules and conduct, please contact our Head Football Coach Ryan Hopkinson.

1 to 1 private sessions must have an adult accompany any child under the age of 16.

Strains and aches may occur when participating in more intense drills, it is the responsibility of the player to understand their limits as well as respect the coach's discretion.

Vic

Members/ Non-members who join the Lync Active Running Club do so at their own risk. Lync Active cannot take any responsibility for any injuries, strains and aches that may occur due to taking part in this session.

All children under the age of 16 must be accompanied by an adult at all times. With the nature of road running, Lync Active cannot take any responsibility for any accident that could potentially take place. It is the responsibility of the individual to ensure roads are safe to cross whilst out running.

Adequate levels of fitness are required before taking part in this activity therefore the individual should speak to our Running Club instructor Victoria Moore if they have any queries about joining the club.