

Participant Charter

As a Participant in the Be Active Live Well ANGUSalive activity programme I agree to:

- Wear comfortable clothing and suitable footwear when exercising (if necessary, ask the Exercise Instructor for advice)
- Report any changes in medication or general health before the class
- Not arrive too early for the class
- Come exercise ready to class with minimal personal items
- Follow all the Social Distancing Measures within the Centre
- Use hand sanitisers provided within the centre
- Wear a mask within the Centre/class until I begin exercising
- Bring my own water/drink as the water dispensers within the centre are not operational
- **Exercise to my own ability and if I start to feel unwell then I will immediately stop exercising and make the Exercise Instructor aware**
- **Take rests when I need**
- Remain within my allotted 2m area
- Talk to the Exercise Instructor or a Health Professional if I have any concerns about my ability to participate in the session
- Ensure that if I use an inhaler or GTN spray, then I will have this to hand during the session

HAVE FUN!

I agree not to:

- Join the activity session if I have Coronavirus (COVID- 19) symptoms (or have been instructed to self-isolate) or if I am feeling generally unwell

You can access further information regarding the Scottish Government COVID-19 Guidance on www.nhsinform.scot/coronavirus.