

Safety Rules



These safety rules are designed to help minimise any risks that may occur when exercising indoors and outdoors with Delamere Outdoor Fitness Ltd and help to prevent injury. They are also in place to help protect adults and children that are participating in our sessions, the public that are walking, cycling, riding and using Delamere Forest and also the Delamere Outdoor Fitness Instructors and Personal Trainers.

Please read before participating in any Group Exercise Session or Personal Training Session

1. Arrive 10 minutes before your class starts. Entry to a session will be refused if you are late
2. Please complete a physical activity readiness questionnaire before your first session
3. Please complete the daily register and disclaimer prior to commencing every session
4. Wear suitable clothing. Bring layers and waterproofs
5. Wear suitable footwear with good soles
6. Ensure you regularly sip water throughout the session
7. In hot weather, wear sun protection
8. If you have known allergies, please bring medication and notify your instructor who will keep it in the safety rucksack
9. Notify your instructor of any changes to your health or medication on a regular basis
10. If your child is participating in a session, please ensure you have notified the instructor of your contact number
11. Listen to the safety check the instructor will give you at the start of each session
12. Stay in the designated area when exercising, do not go off route
13. When running along paths, where possible, keep to the right side and do not obstruct the whole path
14. Be respectful of other users of the forest
15. Do not engage in violent or abusive behaviour or use language that maybe offensive
16. If an accident should occur, please inform the instructor straight away

Post Natal Classes

1. Please ensure your buggy is in full working order and perform a safety check on the wheels and structure of your buggy prior to the start of every class
2. Ensure your baby is strapped into the buggy securely at all times
3. Ensure you have received your 6-week mid-wife check

Failure to comply with these rules will result in refusal of entry to the sessions.