

## **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 specialist exercise instructor for advice)
- Report any changes in medication or general health before the class
- Come exercise ready to class with minimal personal items
- Use hand sanitisers provided within the centre
- Drink water to replace body fluids before, during and after the class
- Exercise to my own ability and if I start to feel unwell then I will immediately stop exercising and make the specialist exercise instructor aware
- Take rests when I need
- Talk to the specialist 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 am feeling unwell
- Join the activity session if I have Coronavirus (COVID-19) symptoms