



Datganiad Addewidion Iechyd

Eich cyfrifoldeb chi yw'ch iechyd. Mae'r staff yn ein cyfleusterau hamdden yn ymrói i'ch cynorthwyo chi i achub ar bob cyfle i fanteisio ar y cyfleusterau sydd ar gael. Gan gadw hyn mewn cof, rydyn ni wedi ystyried yr hyn y mae'n rhesymol i'w ddisgwyl ar ein rhan ni, ac ar eich rhan chi.

Health Commitment Statement

Your Health is your responsibility. The staff at our Leisure Facilities are dedicated to helping you take every opportunity to enjoy the facilities that we offer. With this in mind, we have carefully considered what we can reasonably expect of each other.

EIN HADDEWID I CHI

- 1** Fe barchwn ni'ch penderfyniadau personol, ac yn eich gadael chi i wneud eich penderfyniadau'ch hunain ynglŷn â pha weithgareddau ymarfer gallwch chi'u gwneud. Serch hynny, gofynnwn i chi beidio â mynd tu hwnt i'r hyn sydd, yn eich barn chi, o fewn eich galluoedd.
- 2** Fe wnawn ni bob ymdrech rhesymol i ofalu bod ein hoffer a'n cyfleusterau mewn cyflwr diogel ichi gael eu defnyddio a'u mwynhau.
- 3** Fe gymerwn ni bob cam rhesymol i ofalu bod ein staff yn gymwysedig yn unol â safonau'r diwydiant ffitrwydd trwy'r Register of Exercise Professionals.
- 4** Os byddwch chi'n dweud wrthon ni fod anabledd gyda chi sy'n eich rhoi chi o dan anfantais sylweddol o ran defnyddio ein peiriannau a chyfleusterau, fe fyddwn ni'n ystyried pa addasiadau, os o gwbl, sy'n rhesymol inni'u gwneud.

OUR COMMITMENT TO YOU

- 1** We will respect your personal decisions, and allow you to make your own decisions about what exercise you can carry out. However, we ask you not to exercise beyond what you consider to be your own abilities.
- 2** We will make every reasonable effort to make sure that our equipment and facilities are in a safe condition for you to use and enjoy.
- 3** We will take all reasonable steps to make sure that our staff are qualified to the fitness industry standards as set out by the register of exercise professionals.
- 4** If you tell us that you have a disability which puts you at a substantial disadvantage in accessing our equipment and facilities, we will consider what adjustments, if any, are reasonable for us to make.

EICH ADDEWID I NI

- 1** Peidiwch â mynd tu hwnt i'ch galluoedd. Fe ddylech chi gael cyngor gan weithwr meddygol proffesiynol perthnasol cyn defnyddio'n peiriannau a chyfleusterau os ydych chi'n gwybod am gyflwr meddygol, neu'n meddwl bod cyflwr meddygol arnoch chi, a allai'ch atal rhag ymarfer yn ddiogel.
- 2** Gwnewch yn siwr eich bod chi'n gyfarwydd ag unrhyw reolau a chyfarwyddyd, gan gynnwys negeseuon rhybudd. Mae peryglon yn gysylltiedig â gweithgareddau ymarfer. Peidiwch â gwneud gweithgareddau y dylech chi beidio â'u gwneud yn dilyn unrhyw gyngor gawsoch chi.
- 3** Rhowch wybod ar unwaith os byddwch chi'n teimlo'n sâl wrth ddefnyddio'n hoffer a'r cyfleusterau. Dydy ein staff ni ddim yn feddygon cymwys, ond bydd rhywun ar gael sydd wedi cael hyfforddiant cymorth cyntaf.
- 4** Os oes anabledd gyda chi, bydd rhaid i chi ddilyn unrhyw gyfarwyddiadau rhesymol er mwyn i chi ymarfer yn ddiogel.

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 safely, before you use our equipment and facilities you should get advice from a relevant medical professional and follow that advice.
- 2** You should make yourself aware of any rules and instructions, including warning notices. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
- 3** You should let us know immediately if you feel ill when using our equipment or facilities. Our staff members are not qualified doctors, but there will be a person available who has had first-aid training.
- 4** If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

