

Activity Disclaimer

Active Dales

Facebook, YouTube & Emails

IMPORTANT NOTICE

Active Dales content is provided for general information only and should not be treated as a substitute for professional supervision or advice.

Active Dales is not a medical facility and no information contained in our web site should be used to prevent, treat or diagnose medical conditions of any kind and we are not qualified to express an opinion that you are fit to safely participate.

Active Dales content is physically challenging and carries with it risks of personal injury that we cannot entirely eliminate.

Before starting any exercise regime you should consider consulting a qualified fitness or sports adviser to ensure the regime is suitable for you.

If you have a medical condition or taking medication or have related concerns you should consult your own doctor

As with all exercise programs, when using our exercise videos and live classes, you need to use common sense.

Rules

- Participation in Active Dales content is entirely at your risk.
- You must act responsibly and sensibly at all times so as not to hurt or injure yourself or others.
- You must not participate if you are pregnant or under the influence of alcohol or non-prescription drugs.
- You must follow any safety warnings or instructions displayed or given to you.
- You are responsible for using equipment safely and as directed.
- If you have or have asthma, heart condition, growth condition or have experienced chest pains or dizziness in the last month we strongly advise you NOT to try any of our work outs.

Thanks for your understanding and we wish you all the very best with your fitness.