



HEALTH COMMITMENT STATEMENT (HCS)

The Health Commitment Statement sets the standards that health and fitness centres and users can reasonably expect from each other with regard to the health of the user.

BACKGROUND

The HCS is the evolution of the PAR-Q, which has existed for the past 15 years. The HCS reflects government policy and legal trends, which aim to shift responsibility for personal health from the operator to the user. The Fitness Industry Association is taking the lead in allowing operators to be more accessible while facilitating a better working relationship between fitness and medical sectors in the community. This has also provided an opportunity to align the HCS to the skills and expertise of fitness professionals established through REPS.

The HCS has been developed by Fitness Industry operators, medico-legal professionals and health providers to support the evolving requirements of users and operators.

PURPOSE

- Develop the current PAR-Q to simplify access to activity facilities for users
- Assist the Health, Medical and Fitness industries to work in harmony while supporting initiatives to encourage the nation to become more active.
- Bring health and fitness clubs in line with virtually all other sports and active leisure in relation to health matters.
- Demonstrate respect for members by placing responsibility where it belongs, with the individual member.
- Be consistent with current Government policies in encouraging every individual to take responsibility for his or her own health.
- Offer the opportunity to clubs to maximise their membership.
- Be in keeping with current trends in legislation and case law.
- Be consistent with a more modern approach to individual responsibility in medicine and the law.
- Provide the opportunity for a uniform approach across the health and fitness industry, producing greater clarity and reducing costs.
- Offer a simple solution in plain English, which is accessible to fitness instructors, staff and members.
- Remove stress and anxiety from staff in relation to health of members.

The HCS has been designed for users in a gym environment and with all operators in mind, allowing flexibility with its usage.

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