

## Information for users of the Walkfield Trim Trail

Alrewas Parish Council has installed the Trim Trail outdoor gym equipment for the use and benefit of all residents. Please use it responsibly and do not abuse the equipment.

Before using the equipment please take note of the following safety advice:

- If you have any concerns about your level of fitness you should consult your doctor before undertaking any new exercise routine
- Do not use the equipment if you are unwell or under the influence of drink and/or drugs
- Use the equipment safely and do not put yourself or others at risk
- Always warm up fully before commencing an exercise routine and warm down after your session to minimise the risk of injury
- Alrewas Parish Council does not accept any liability for your use of this equipment
- The equipment is used at your own risk
- The equipment is not supervised by the Parish Council
- Only one person at a time should use a piece of equipment
- Please move away from the equipment once you have used it to allow others to use the equipment safely
- This equipment should not be used by children under the age of 8 years. Children should be supervised by an adult and not allowed to play on the equipment
- If any equipment looks damaged **DO NOT USE IT** and report the damage to the Clerk using the email below
- In the current Covid 19 pandemic, please sanitise your hands before using each piece of equipment and wipe down the piece of equipment when you finish using it. You should bring your own sanitiser with you
- To report any damage to equipment please email [clerk@alrewasparishcouncil.org.uk](mailto:clerk@alrewasparishcouncil.org.uk)

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