



Public – To be published on the Trust external website

Title: Gym – Enhanced Induction Procedure

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1 Introduction



The Trust provides and supports the safe use of gyms and exercise equipment in a variety of clinical areas. This recognises the value of promoting physical activity in helping people to improve their health & wellbeing.

There is well established and growing evidence that physical activity can result in physical and mental health gains for people with SMI.

Physical activity interventions that provide professional support result in better adherence and greater effects on cardiorespiratory fitness for people with SMI (Vancampfort et al (2015, 2016) and Stubbs et al (2016)).

This procedure facilitates increased supported access to trust gymnasiums.

TEWV have gymnasiums (gyms) on each of their major sites-

- Foss Park, York
- Cross Lane, Scarborough
- Roseberry Park, Ridgeway, Middlesbrough
- Roseberry Park, Dalesway, Middlesbrough
- West Park, Darlington
- Lanchester Road, Durham

Each gym is currently staffed by only 1wte fitness instructor or healthy living advisor (gym staff), except for in secure inpatients at Ridgeway where they have x4 fitness instructors. All patient activity in the gym has to be supervised to ensure safety. This means that when the gym staff are unavailable due to leave the gym cannot be safely accessed by patients.

- In patients often complain about lack of access to the gyms when the gym staff are unavailable or out of hours which has been picked up by the CQC
- The enhanced gym induction procedure is to upskill support staff who have been identified to support known inpatients to the gym in the absence of the gym staff and/or out of hours thus increasing patient access and choice.

This procedure is critical to the delivery of OJTC and our ambition to co-create safe and personalised care that improves the lives of people with mental health needs, a learning disability or autism. It helps us deliver our three strategic goals as follows:

This procedure supports the trust to co- create a great experience for all patients, carers and families from its diverse population by giving patients choice and control over when they exercise in trust gyms.

This procedure supports the trust to co-create a great experience for our colleagues by helping them to feel proud of the work they do to support patient's choice and wellbeing on their road to recovery ensuring their work is meaningful. It also ensures safe patient access to the gym and ensures the workplace is fit for purpose.

2 Purpose

Following this procedure will help the Trust to increase in-house gym access for in patients either out of hours or in the absence of the dedicated fitness staff.

It will facilitate staff to promote and support in patients to meet the UK Chief Medical Officers' physical activity guidelines to improve health (Dept of Health & Social Care 2019)

3 Who this procedure applies to

- This procedure applies to trust fitness instructors and healthy living advisors (gym staff) who will deliver the enhanced gym induction to nominated support staff in in patients.
- Support staff will be identified by ward managers to undergo the enhanced gym induction in order to support known named inpatients.



Only inpatients who have already accessed the gym and are known to the gym staff and who have access to the gym as part of their care plan can be supported using this procedure

4 Related documents

- [Decontamination of equipment](#) IPC-0001-005
- [First aid at work policy](#) HS-0001-00
- [Health and Safety policy](#) HS-0001
- [Infection prevention and control policy](#) IPC-0001

- [Lone working procedure](#) HS-0001-005
- [Manual handling of people procedure](#) HS-0001-012
- [Resuscitation policy](#) CLIN-0021
- [Staff Attack Alarms Protocol](#) HS-0017
- [Incident reporting and serious incident review policy](#) CORP-0043
- [NEWS and the early detection and management of the deteriorating patient age 16 and above](#) CLIN-0099
- [Physical Health and Wellbeing Policy](#) CLIN-0084
- Gym Policy CLIN-0095 (in development)

5 Enhanced gym induction procedure



Acknowledgement:

This procedure was originally designed and piloted in 2013 by Paul Meylan & Matt Wilcock (OT, WPH) and was supported by Brent Kilmurray (Chief Operating Officer) & Mary Booth (Professional Lead for AHPs). It has since been adapted by Christiana Liddle, Professional Head of Physiotherapy with professional responsibility for trust gyms in November 2019 and revised in April 2022.

5.1 Enhanced gym induction procedure stages

Nominated support staff identified to assume supervisory responsibility for inpatients accessing TEVV gyms **must** successfully complete the five stage Enhanced Gym Induction Procedure facilitated by a level 3 (minimum) trained Fitness Instructor/Healthy Living Advisor for the relevant gym.

- Stage 1: Level 2 e learning
- Stage 2: Gym Induction
- Stage 3: Safety Rules form
- Stage 4: Observed Session

- Stage 5: Final declaration form

5.2 Stage 1 : Level 2 e learning

Nominated support staff who have been identified to supervise known patients to the gym **must** complete the level 2 equivalent gym supervisor training on ESR regardless of whether they have already completed an external level 2 course. This is so that their training record on ESR can be updated and evidence of completion is readily available for audit. For those who have already completed a level 2 training course externally it will serve as revision and should be completed fairly quickly.



Support staff must complete the level 2 e learning on ESR even if they have already completed an external level 2 fitness instructor course

The training consists of 7 bite sized e learning modules that can be completed within 10mins – 30mins each dependent upon prior knowledge. They are based on external level 2 gym instructor training content and are designed so that the inducted gym supervisor has sufficient underpinning knowledge of basic exercise anatomy and physiology in order to maintain safety when supervising patients in accessing the gym. They do not qualify the inducted supervisor to practice as a fitness instructor. The modules are-

Part One : Bones

Part Two: Joints

Part Three: Muscles

Part Four: The circulatory system

Part Five: The respiratory system

Part Six: Components of fitness

Part Seven: Mental Health & Exercise



The level 2 gym e- learning on ESR **does not** qualify the inducted supervisor to practice as a fitness instructor.

5.3 Stage 2: Gym Induction

Nominated staff who have been identified to supervise known patients to the gym **must** then undergo an induction to the gym they wish to use with patients. The induction is bespoke to that particular gym taking into account the range of available equipment and the unique environment so if the staff member needs to utilise more than one gym the induction for each gym to be used **must** be completed. The purpose of this induction is to familiarise the supervisor with the safe use of the equipment, as well as local safety procedures.



In the event that a member of support staff needs to support a patient to more than one gym, the support staff must complete induction at each gym to be used

5.4 Stage 3: TEWV Gyms: Safety rules

TEWV staff who have completed the level 2 in house e-learning and have completed the in house enhanced gym induction (inducted supervisor) can independently supervise patients in using the trust gym in the absence of the minimum level 3 CIMPSA trained Fitness Instructor/Healthy Living Advisor as long as the patient has previously been inducted by the level 3 CIMPSA trained Fitness Instructor/Healthy Living Advisor and as long as the following terms of use are adhered to:

- Inducted supervisors **MUST** confirm PRIOR to supervising patients accessing TEWV Gyms that during 'this admission' the patient(s) has been inducted by the level 3 trained Fitness Instructor/Healthy Living Advisor (repeatable IF the client has not attended for the previous 4 weeks or as required)
- Whilst supervising, inducted supervisors **MUST** have access to a personal alarm / be able to contact emergency services at all times (e.g. '9 for an outside line, followed by 999')
- It is vital that inducted supervisors ensure that patients take regular breaks and hydrate throughout the activity, aware throughout of signs of over exertion or pain in line with a 'deteriorating patient'.
- It is vital that inducted supervisors ensure that all participants wear suitable clothing and footwear
- Supervision by inducted supervisors will be limited to safe use of cardiovascular gym equipment. They **must not** provide any level of instruction or training which results in revising an existing exercise programme or developing a new one.



TEWV staff assuming supervisory responsibility for patients accessing TEWV gyms **must** sign to indicate an acceptance of and adherence to the safety rules set out in appendix 3

5.5 Stage 4: Observed Session

Staff undergoing enhanced gym induction in order to be able to ultimately supervise known patients to the gym before final sign off must demonstrate that they have understood the safe use of the equipment in the gym with patients. They must lead a gym session with the patient or an alternative to be observed by the Fitness Instructor/Healthy Living Advisor.

5.6 Stage 5: Final declaration form

TEWV level 3 and above trained Fitness Instructors/Healthy Living Advisors can induct level 2 trained staff so that they can in turn supervise patient access to gyms in the absence of the Fitness Instructor/Healthy Living Advisor. Following successful completion of this enhanced induction procedure, Inducted supervisors can supervise inducted patients.



TEWV staff wishing to assume supervisory responsibility for clients accessing TEWV gyms **must** sign to declare an acceptance of the conditions set out within appendix 4

6 Terms and definitions

Term	Definition
Enhanced gym induction	<ul style="list-style-type: none"> A 5 stage procedure to upskill support staff to supervise known patient use of the gym
Known patient	<ul style="list-style-type: none"> A patient who has already undergone a gym induction with gym staff so that their risks and needs are understood and accounted for in the gym programme.
Gym staff	<ul style="list-style-type: none"> Fitness Instructor or Healthy Living Advisor who work to a job description of the same name and are a minimum of level 3 exercise industry trained and are registered with CIMPSA
Nominated support staff	<ul style="list-style-type: none"> Any band 3 or above member of inpatient staff identified to supervise known patients in the gym e.g. Health care assistants, activity coordinators
Inducted supervisors	<ul style="list-style-type: none"> Nominated Band 3 or above staff that have successfully completed the enhanced gym induction procedure which then allows them to supervise known patients in the gym

7 How this procedure will be implemented

- This procedure will be published on both the intranet and Trust website
- Line managers will disseminate this policy to all Trust employees through a line management briefing.

7.1 Training needs analysis

Staff/Professional Group	Type of Training	Duration	Frequency of Training
Nominated support staff	Need to be up to date with mand & sat training including basic life support before commencing the enhanced gym induction	Variable dependent upon compliance	As prescribed
Nominated support staff	Level 2 gym e learning	7 modules – 10-30 mins each dependent upon prior knowledge	At start
Nominated support staff Inducted supervisors	Enhanced gym induction		Stage 1-5 at start Stage 3-5 to be repeated 12 monthly

8 How the implementation of this procedure will be monitored

Number	Auditable Standard/Key Performance Indicators	Frequency/Method/Person Responsible	Where results and any Associate Action Plan will be reported to, implemented and monitored; (this will usually be via the relevant Governance Group).
1	No of support staff in each hospital who have completed e learning	Taken from ESR every 12 mths – Head of Physio	Physical Health Group
2	No of enhanced inductions conducted at each site	Taken from ESR every 12 mths – Head of Physio	Physical Health Group

3	No of patients being supported to gym out of hours cross referenced with ESR competencies	Taken from Electronic Patient Record – every 12 mths – Head of Physio	Physical Health Group
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9 References

Department of Health and Social Care. Physical activity guidelines: UK Chief Medical Officers' report: A report from the Chief Medical Officers in the UK on the amount and type of physical activity people should be doing to improve their health. Department of Health and Social Care; 2019.

Accessed Nov 2022

[UK Chief Medical Officers' Physical Activity Guidelines \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/106422/physical-activity-guidelines-uk-chief-medical-officers-report-2019.pdf)

Stubbs B, Williams J, Gaughran F, Craig T (2016b). How sedentary are people with psychosis? A systematic review and meta-analysis. *Schizophrenia Research* 171, 103–109

Vancampfort D, Rosenbaum S, Schuch FB, Ward PB, Probst M, Stubbs B (2015). Prevalence and predictors of treatment dropout from physical activity interventions in schizophrenia: a meta-analysis. *General Hospital Psychiatry*. Published online: 2 December 2015. [https://10.1016/j.genhosppsych.2015.11.008](https://doi.org/10.1016/j.genhosppsych.2015.11.008)

Vancampfort D, Rosenbaum S, Schuch FB, Ward PB, Richards J, Mugisha J, Probst M, Stubbs B (2016). Cardio-respiratory fitness in severe mental illness: a systematic review and meta-analysis. *Sports Medicine*

10 Document control (external)

To be recorded on the policy register by Policy Coordinator

Date of approval	23 December 2022
Next review date	23 December 2025
This document replaces	Not applicable: new document
This document was approved by	Physical Health group; NYY AMH Quality, Improvement and Delivery Group ; DTV AMH Urgent Care Improvement and Delivery Group ; Clinical Leaders group; Executive Clinical Leaders Sub-group (pending retrospective approval)
This document was approved	Physical Health Group – 27 July 2022 NYY AMH Quality, Improvement & Delivery- 24 August 2022 DTV AMH Improvement & Delivery Group- 04 October 2022 Clinical Leaders Group – 28 October 2022 & 23 December 2022 Executive Clinical Leaders Sub-group (pending retrospective approval – minutes of Feb 2023)
This document was ratified by	Not applicable
This document was ratified	Not applicable
An equality analysis was completed on this policy on	15 November 2022
Document type	Public
FOI Clause (Private documents only)	Not applicable

Change record

Version	Date	Amendment details	Status
v1	23 Dec 2022	New Document	Approved

Appendix 1 - Equality Analysis Screening Form

Please note: The Equality Analysis Policy and Equality Analysis Guidance can be found on the policy pages of the intranet

Section 1	Scope
Name of service area/directorate/department	All trust gyms
Title	Enhanced gym induction
Type	Procedure
Geographical area covered	Trustwide
Aims and objectives	Following this procedure will help the Trust to increase in-house gym access for inpatients either out of hours or in the absence of the dedicated gym staff.
Start date of Equality Analysis Screening	14 November 2022
End date of Equality Analysis Screening	15 November 2022

Section 2	Impacts
Who does the Policy, Service, Function, Strategy, Code of practice, Guidance, Project or Business plan benefit?	Inpatients who have identified as part of their care plan that they would benefit from exercising in the gym to aid their recovery.
Will the Policy, Service, Function, Strategy, Code of practice, Guidance, Project or Business plan impact negatively on any of the protected characteristic groups?	<ul style="list-style-type: none"> • Race (including Gypsy and Traveller) NO • Disability (includes physical, learning, mental health, sensory and medical disabilities) NO • Sex (Men, women and gender neutral etc.) NO • Gender reassignment (Transgender and gender identity) NO • Sexual Orientation (Lesbian, Gay, Bisexual, Heterosexual, Pansexual and Asexual etc.) NO

	<ul style="list-style-type: none"> • Age (includes, young people, older people – people of all ages) NO • Religion or Belief (includes faith groups, atheism and philosophical beliefs) NO • Pregnancy and Maternity (includes pregnancy, women who are breastfeeding and women on maternity leave) NO • Marriage and Civil Partnership (includes opposite and same sex couples who are married or civil partners) NO • Veterans (includes serving armed forces personnel, reservists, veterans and their families) NO
Describe any negative impacts	<p>TEWV gyms and the gym staff are operationally managed in AMH services (the exception being in Ridgeway) so AMH in patients are the most frequent users of the gym. However, no in patients will be excluded from using the gyms. In order to mitigate any negative impacts reasonable adjustments may need to be introduced to accommodate specific needs and wishes of patients with protected characteristics i.e.</p> <ul style="list-style-type: none"> • Age – young people nursed on adult wards can be supported to access the gyms as can older people • Disability – exercise programmes will be devised to accommodate their specific needs • Religion/belief; Sexual Orientation; Sex; Gender Reassignment; Race – Requests from patients to accommodate needs and preferences such as requesting the staff member supervising to be a particular gender, requiring additional privacy and dignity, such as exercising alone or with the same gender, will try to be accommodated to remove any barriers to access. • Pregnancy and maternity – we will follow the Chief Medical Officers’ guidance on physical activity for pregnancy
Describe any positive impacts	<p>Extended and out of hours access to the gym enabling recovery allowing patient choice as to type of physical activity and when in the day to conduct physical activity</p>

Section 3	Research and involvement
What sources of information have you considered? (e.g. legislation, codes of practice, best practice, nice guidelines, CQC reports or feedback etc.)	CQC feedback for RPH UK Chief Medical Officers Physical Activity Guidelines Weight off your mind – TEWV & CNTW collaboration.
Have you engaged or consulted with service users, carers, staff and other stakeholders including people from the protected groups?	Yes
If you answered Yes above, describe the engagement and involvement that has taken place	Discussed with fitness instructor network and via them with service users; NYY & DTV urgent care groups AMH; TEWV Equality, Diversity and Inclusion; SIS leaders; Policy coordinator; LD General Manager DTV; Inpatient service manager MHSOP DTV
If you answered No above, describe future plans that you may have to engage and involve people from different groups	

Section 4	Training needs
As part of this equality analysis have any training needs/service needs been identified?	No
Describe any training needs for Trust staff	n/a
Describe any training needs for patients	n/a
Describe any training needs for contractors or other outside agencies	n/a

Check the information you have provided and ensure additional evidence can be provided if asked

Appendix 2 – Approval checklist

To be completed by lead and attached to any document which guides practice when submitted to the appropriate committee/group for consideration and approval.

	Title of document being reviewed:	Yes / No / Not applicable	Comments
1.	Title		
	Is the title clear and unambiguous?	Y	
	Is it clear whether the document is a guideline, policy, protocol or standard?	Y	
2.	Rationale		
	Are reasons for development of the document stated?	Y	
3.	Development Process		
	Are people involved in the development identified?	Y	
	Has relevant expertise has been sought/used?	Y	
	Is there evidence of consultation with stakeholders and users?	Y	
	Have any related documents or documents that are impacted by this change been identified and updated?	Y	
4.	Content		
	Is the objective of the document clear?	Y	
	Is the target population clear and unambiguous?	Y	
	Are the intended outcomes described?	Y	
	Are the statements clear and unambiguous?	Y	
5.	Evidence Base		
	Is the type of evidence to support the document identified explicitly?	Y	
	Are key references cited?	Y	
	Are supporting documents referenced?	Y	
6.	Training		
	Have training needs been considered?	Y	
	Are training needs included in the document?	Y	

	Title of document being reviewed:	Yes / No / Not applicable	Comments
7.	Implementation and monitoring		
	Does the document identify how it will be implemented and monitored?	Y	
8.	Equality analysis		
	Has an equality analysis been completed for the document?	Y	15.11.22
	Have Equality and Diversity reviewed and approved the equality analysis?	Y	16.11.22
9.	Approval		
	Does the document identify which committee/group will approve it?	Y	CLG
10.	Publication		
	Has the policy been reviewed for harm?	Y	CHECK WITH CLG – 09.12.22
	Does the document identify whether it is private or public?	Y	PUBLIC - CHECK WITH CLG-09.12.22
	If private, does the document identify which clause of the Freedom of Information Act 2000 applies?	N/A	

Appendix 3 – Enhanced gym induction safety rules

TEWV staff who have completed the level 2 in house e-learning and have completed the in house enhanced gym induction (**inducted supervisor**) can independently supervise patients in using the trust gym in the absence of the minimum level 3 CIMPSA trained Fitness Instructor/Healthy Living Advisor as long as the patient has previously been inducted by the level 3 CIMPSA trained Fitness Instructor/Healthy Living Advisor.

Inducted supervisors must sign to indicate their understanding of and commitment to adhering to the following gym safety rules -

- **Patient Induction - Inducted supervisors MUST** confirm PRIOR to supervising patients accessing TEWV Gyms that during 'this admission' the patient(s) has been inducted by the level 3 trained Fitness Instructor/Healthy Living Advisor (repeatable IF the client has not attended for the previous 4 weeks or as required)
- **Personal alarm** - Whilst supervising, **inducted supervisors MUST** have access to a personal alarm / be able to contact emergency services at all times (e.g. '9 for an outside line, followed by 999')
- **Regular breaks** - It is vital that **inducted supervisors** ensure that patients take regular breaks and hydrate throughout the activity, aware throughout of signs of over exertion or pain in line with a 'deteriorating patient'.
- **Suitable attire** - It is vital that **inducted supervisors** ensure that all participants wear suitable clothing and footwear
- **Cardiovascular equipment only** - Supervision by **inducted supervisors** will be limited to safe use of cardiovascular gym equipment. They **must not** provide any level of instruction or training which results in revising an existing gym programme or developing a new one.
- **Medical clearance** - Patients wishing to access Trust gyms will have already been assessed by medical staff or the MDT as fit to attend. This must highlight any issues that the **inducted supervisor** needs to be aware of which will be recorded and easily accessible via the electronic patient record. Any change in status which may compromise the original assessment and cause concern will also be communicated.
- **Supervision** - Inducted patients wishing to access TEWV gyms will be supervised at all times by either TEWV level 3 Fitness Instructors/Healthy Living Advisors or **inducted supervisors**. Inappropriate use or use by unauthorised persons should be identified and reported to the relevant TEWV Fitness Instructor/Healthy Living Advisor

- **Risk Assessment - Inducted supervisors** will take all reasonable action to ensure that they continually assess risk prior to and during any supervised session. Based on ongoing observation, and all available sources of information (e.g. electronic patient record, colleagues) supervising staff need to be aware of AND reduce the potential of the following:
 - Accidental/intentional injury to self or others
 - Accidental/intentional misuse of equipment
 - Accidental/intentional damage to clothing/equipment
 - Emerging physical health issues

- **Exercise Tolerance** - Consideration should be given to minimise any associated distress or inappropriate levels of stimulation. **Inducted supervisors** should be aware that the physical and mental health status of the patient can fluctuate and that there may be times when it is not appropriate for them to access the gym. In line with any physical exercise, consideration should be given to avoiding undue discomfort or injury, with particular reference to over-exercising. The following should be considered to reduce the risk of problems such as muscle or joint pain or collapse:
 - Avoid excessive exercise in terms of repetitive motion / intensity / load
 - Avoid heat exhaustion/stroke in warm weather
 - **Inducted supervisors** should monitor patients at all times to ensure correct use of equipment, regular breaks, hydration and exercise tolerance with due consideration for personal welfare.
 - Feedback should be encouraged throughout. If patients experience symptoms such as tingling, numbness, burning or stiffness, or extreme breathlessness stop immediately and consider requesting medical review before re-commencing activity
 - **Inducted supervisors** need to be aware of and respond appropriately to contraindications

- **Maintaining a Safe Environment** - Risks have to be assessed with regard to an individual user, as well as the needs of other users to avoid collisions with each other and/or equipment. **Inducted supervisors** will provide guidance in respect of the safe and correct use of all equipment.

- **Electric Shock - Inducted supervisors** should avoid electric shock when using gym equipment with patients:
 - Do not use mains powered gym equipment if there are signs of damaged, split or broken cords or wires.
 - Make sure that the Power Supply cord is fully inserted into the wall socket or extension cord.
 - Always carefully disconnect all plugs by pulling on the plug and not on the cord. Make sure power buttons are turned OFF before removing the Power Supply cord from a socket.

- **Fire Safety - Inducted supervisors** should be aware of preventative fire measures, the location & correct use of fire fighting equipment, and evacuation routes.

- **Cross Contamination - Inducted supervisors** should ensure equipment is cleaned with appropriate product after use or as required in line with TEWV Infection Control Policy.
- **Mechanical Failure / Breakdown - Inducted supervisors** should conduct a visual check and testing of any equipment prior to and during use with patients. Any concerns regarding the safe and effective use of the equipment should be addressed immediately, and the activity terminated. Equipment faults should be reported to the Fitness Instructor/Healthy Living Advisor.
- **Battery Leakage - Inducted supervisors** should check equipment for battery leakage. Leakage of battery acid can cause personal injury as well as damage to equipment. If leaked battery fluid comes into contact with your eyes, immediately flush your eyes thoroughly with water and see a doctor, as it may result in blindness or other injury. If leaked battery fluid comes into contact with your body or hands, wash thoroughly with water. To avoid battery leakage:
 - Do not mix used and new batteries (replace all batteries at the same time)
 - Do not mix different brands of batteries
- **Waist Clips (treadmills) - Inducted supervisors** should consider the following tips for safe use of the treadmills:
 - Attach the waist clip **BEFORE** operating the treadmill.
 - Always wear the waist clip whilst using the treadmill
- **Pregnancy and Medical Conditions - Inducted supervisors** should be aware that patients should consult their doctor before accessing gym equipment if they are pregnant, suffer from heart, respiratory, back, joint or orthopaedic problems, have high blood pressure, or if they have been advised by a doctor to restrict their physical activity or if they have any other medical condition that may be aggravated by physical activity. The patients have already been cleared as fit to exercise. However, in the case of any new emerging symptoms the inducted supervisor should cease the session and report these to the MDT and Fitness Instructor/ Healthy Living Advisor and await further guidance.
- **Record keeping - Inducted supervisors** should record an account of the gym session on the electronic patient record detailing the time, duration, and outcome of the session to include any new emerging issues or risks or breaches.

Declaration - I have read and agree to follow the TEWV gym safety rules

Your Name (Printed) & Signature:	
Designation:	
Date:	

Appendix 4 - Final declaration

TEWV level 3 and above trained Fitness Instructors/Healthy Living Advisors can induct level 2 trained staff so that they can in turn supervise patient access to gyms in the absence of the Fitness Instructor/Healthy Living Advisor. Following successful completion of this enhanced induction procedure, Inducted supervisors can supervise inducted patients.

- I can provide evidence that I currently conform with TEWV Mandatory Training requirements for basic life support
- I can provide evidence that I have previously completed TEWV level 2 gym supervisor training
- I will ensure that all parties (including inducted patients & myself) take regular breaks and hydrate when exercising, aware throughout of signs of over exertion or discomfort in line with the 'deteriorating patient'.
- I have provided evidence to demonstrate that I have completed the following e-learning modules offered as mandatory training: Health & Safety, Infection Prevention & Control; & Manual Handling; recognising the deteriorating patient or equivalent
- I have received a gym induction by a minimum level 3 trained Fitness Instructor/Healthy Living Advisor who is responsible for the gym which I wish to access with a patient.
- I understand that I will be required to complete stage 3-5 of the enhanced gym induction as a refresher every 12 months as a minimum and more frequently if required
- I have received a copy of the related policy list and I have accessed them and understood their relevance to the role of supervising inducted patients to access TEWV Gyms
- I have read and understood the safety rules

TEWV staff wishing to assume supervisory responsibility for clients accessing TEWV gyms **must** sign to indicate an acceptance of the guidelines above:-

INDUCTED SUPERVISOR	I accept and comply with the above guidelines		
Name(Printed):		Signature:	
Designation:		Date:	
GYM STAFF	I confirm that the above member of staff has successfully completed all elements of the Enhanced Gym Induction Protocol including an observed session		
Name(Printed):		Signature:	
Designation:		Date:	