

Gym Buddy

Participant Agreement

WHAT YOU CAN EXPECT

Gym Buddy is designed to help you feel more comfortable and confident attending the gym. This short agreement explains what you can expect from your Gym Buddy and what we ask from you in return.

What you can expect from your Gym Buddy

Friendly and respectful support. Your Gym Buddy will aim to be welcoming, patient and non-judgemental.

Someone to exercise alongside. Your Buddy can meet you at the participating gym, help you become familiar with the environment and exercise alongside you.

Encouragement at your pace. You will not be pressured to do activities you do not want to do. The aim is to help you build confidence at a pace that works for you.

Support towards independence. Gym Buddy is intended to help you become increasingly comfortable attending and exercising independently. You do not have to complete a fixed number of supported sessions if you feel ready sooner.

Respect for your privacy. Your Buddy is expected to treat information shared through Gym Buddy sensitively and respect your personal boundaries.

The freedom to speak up or stop. You can contact CSN if a match does not feel right, if you have a concern, or if you decide that Gym Buddy is not for you.

Your Gym Buddy is a volunteer providing peer support. They are not acting as a personal trainer, healthcare professional, counsellor, specialist support worker or member of gym staff. They cannot provide medical advice or prescribe an exercise programme.

What we ask from you

Treat people with respect. Please treat your Gym Buddy, gym staff and other gym users with dignity and respect.

Help arrangements work. Please make reasonable efforts to attend agreed sessions and let CSN know as early as you reasonably can if you cannot attend.

Follow the gym's rules. Please follow the participating gym's rules, safety requirements and reasonable instructions from its staff.

Respect your Buddy's role and boundaries. Please do not expect your Buddy to provide medical advice, personal training, counselling or other professional or specialist support.

Respect privacy. Please respect your Buddy's personal information and privacy. Do not take or share photographs, video or other recordings of your Buddy, or post about them on social media, without appropriate agreement.

Keep the relationship appropriate. Please do not enter into financial arrangements with your Buddy or use the active Gym Buddy relationship to pursue a romantic or sexual relationship.

Raise concerns with CSN. If something does not feel right, or you are unsure about any part of the arrangement, please contact CSN rather than feeling that you have to resolve it yourself.

Help us learn from the pilot. Because Gym Buddy is being tested as a pilot, we will ask you for brief feedback about your experience so that CSN can learn from it and improve the programme.

Gym Buddy should work for both of you

Either you or your Gym Buddy can tell CSN at any time that a match is not working or that you would like to stop. You do not need to feel guilty and you do not have to continue with an arrangement that does not feel right. A match ending or changing is not a failure.

Contact during the pilot

Initially, contact and session arrangements will be mediated through CSN. You and your Gym Buddy will not be required to exchange personal mobile numbers or other unnecessary personal contact information.

My acknowledgement

I have read and understood what I can expect from Gym Buddy and what is expected of me as a participant. I understand the purpose and boundaries of the programme and know that I can contact CSN if I have questions or concerns.

Name	
Acknowledgement / signature	
Date	

Alternatively, you can confirm your agreement by emailing: hello@communitystrengthnetwork.org. Please include your name and state that you have read and understood this Participant Agreement and agree to take part in Gym Buddy on this basis.

Working draft: this participant agreement should be reviewed alongside the final pilot arrangements, partner-gym requirements and CSN's safety, privacy and escalation processes before the pilot begins.