



## ACTIVE HEALTH

### TERMS AND CONDITIONS

The priority of the programme is to safeguard the health and wellbeing of all participants and Active Health instructors. Please read the Terms and Conditions below and if anything is unclear please contact the Active Health Team at [ActiveHealth@gov.gg](mailto:ActiveHealth@gov.gg)

1. Participants must accept they are undertaking the classes entirely at their own risk and ensure they are suitably fit and well to attend the class.
2. Notwithstanding (1) above, the Active Health Team reserves the right to decline entry to the classes or cease further participation in any of the classes if, in their professional opinion, they believe the classes would not be appropriate or safe for the participant to take part in.
3. Participants will be asked to complete a health screen with an Active Health Instructor. Participants must commit to ensuring all information regarding their physical and mental health is a true reflection of their current health condition. Participants must ensure they provide a full list of current medications as appropriate.
4. Participants must inform the Active Health Instructor immediately if there is any change to their health condition since being accepted for participation.
5. Participants will be responsible for monitoring their own responses during exercise.
6. If any of the exercises cause discomfort or concern, it is the participant's responsibility to inform the Active Health Instructor who will discuss alternatives.
7. Participants must stop immediately and inform the Active Health Instructor if they feel unwell, experience pain, nausea, dizziness or feel faint whilst exercising.
8. If the participant is unsure how to undertake an exercise or use any piece of equipment, they must ask the Active Health Instructor for advice prior to commencing any exercise or attempting equipment use.
9. Participants must wear appropriate clothing and shoes. Active Health will not be responsible for accidents incurred through participants wearing incorrect clothing or footwear.
10. Participants are expected to arrive in time for the start of the classes. If a participant has any questions or concerns, they are requested to arrive a few minutes early to discuss these with the Active Health Instructor. Any participants who arrive late to classes may be asked to leave if they have not been able to participate in the full warm up as there is a higher risk of causing an injury without a warmup.
11. It is the participant's responsibility to bring any medication that they may need during exercise classes with them. This must remain with them on their person. Active Health Instructors cannot look after medication or administer it for participants.

#### DISCLAIMER

Beau Sejour/Active Health accepts no responsibility or liability for any loss, injury or damage to persons or property. It remains your responsibility to ensure you are fit and in good health to participate in the activity you choose to attend. Beau Sejour/Active Health reserves the right to cancel any class if necessary. If Beau Sejour/Active Health staff feel there is a risk to your health, you may be advised to seek written consent from your health professional before continuing with any session.

For any further information please contact the Active Health office:

Tel: 01481 220508

Email: [ActiveHealth@gov.gg](mailto:ActiveHealth@gov.gg)