

PRE & POST NATAL

TERMS AND CONDITIONS

The priority of the programme is to safeguard the health and wellbeing of all participants and Pre & Post Natal instructors. Please read the Terms and Conditions below and if anything is unclear, please contact the Pre & Post Natal Team at PrePostnatal@gov.gg

1. By participating in the Pre & Post Natal programme the participant consents to their personal data, including their health data, being retained by the Pre & Post Natal Team in line with GDPR. The participant can withdraw that consent at any time but by withdrawing that consent the participant may not be able to participate further.
2. Participants are advised to read the 'HEALTH COMMITMENT STATEMENT'.
3. 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. In classes where the participant's baby is present, the participant is wholly responsible for the baby and its safe carriage.
4. Notwithstanding (2) above, the Pre & Post Natal 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.
5. Participants will be asked to complete a health screen with a Pre & Post Natal 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.
6. Participants must inform the Pre & Post Natal Instructor immediately if there is any change to their health condition since being accepted for participation.
7. Participants will be responsible for monitoring their own responses during exercise.
8. If any of the exercises cause discomfort or concern, it is the participant's responsibility to inform the Pre & Post Natal Instructor who will discuss alternatives.
9. Participants must stop immediately and inform the Pre & Post Natal Instructor if they feel unwell, experience pain, nausea, dizziness or feel faint whilst exercising.
10. If the participant is unsure how to undertake an exercise or use any piece of equipment, they must ask the Pre & Post Natal Instructor for advice prior to commencing any exercise or attempting equipment use.
11. Participants must wear appropriate clothing and shoes. The Pre & Post Natal department will not be responsible for accidents incurred through participants wearing incorrect clothing or footwear.
12. 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 Pre & Post Natal 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.
13. Participants will be considered to be post natal for a period of 18 months after giving birth or at the discretion of the Pre & Post Natal Team.

DISCLAIMER

Beau Sejour/Pre & Post Natal 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/Pre & Post Natal reserves the right to cancel any class if necessary. If Beau Sejour/Pre & Post Natal 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 Pre & Post Natal Instructors:

Tel: 01481 225200

Email: PrePostnatal@gov.gg



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