



FITIQ Training Centre – Family Safety Agreement and Terms of Participation

Participation Agreement for Families

By attending sessions at the FITIQ Training Centre as a family group, I confirm the following on behalf of myself and all children or dependants attending under my supervision:

1. Understanding of Risk

1.1 I understand and accept that participation in activities at the FITIQ Training Centre involves inherent risks, including physical or emotional injury, paralysis, death, or damage to myself, my children/dependants, other participants, or property.

1.2 I acknowledge that these risks cannot be eliminated without changing the fundamental nature of the activities offered. These include, but are not limited to: falls and impacts; sprains, fractures, or other injuries while using equipment such as obstacle rigs, rope climbs, wall climbs, monkey bars, jump towers, boxing equipment, strength and conditioning tools, and free weights.

2. Assumption of Risk and Personal Responsibility

2.1 I voluntarily choose to participate and give permission for my children/dependants to participate, understanding and accepting the associated risks.

2.2 I will ensure that myself and my children only attempt challenges appropriate to our age, ability, and confidence levels.

2.3 I understand I am responsible for supervising my children/dependants at all times, unless otherwise stated by FITIQ Training Centre staff.

2.4 I will ensure that all members of our group follow safety instructions and briefings given by FITIQ Training Centre staff.

3. Health, Fitness, Medical Needs, and Inclusivity

3.1 I confirm that all participants under my care are in good physical and mental health, and I am not aware of any medical condition that would make participation unsafe.

3.2 If any participant becomes unwell, experiences an injury, or has a change in health status, I will inform FITIQ staff, who will make reasonable adjustments to support safe participation.

3.3 I understand participation is at our own risk and that we accept responsibility for any pre-existing health conditions.

3.4 I confirm that no member of our group is under the influence of alcohol or drugs.

3.5 I confirm that no participating adult is currently pregnant. If applicable, I will notify FITIQ staff so reasonable adjustments can be made.



3.6 FITIQ is a fully inclusive training centre. If there is anything we can do to ensure you or your child feel safe, included, or supported, please speak to Louise in confidence. No pressure will ever be applied to take part in any activity you or your child does not feel comfortable with.

3.7 FITIQ Training Centre welcomes families of all abilities and backgrounds, including those with disabilities and/or neurodivergent identities. We are committed to providing an inclusive and supportive environment for all.

4. Clothing, Equipment, and Accessories

4.1 I will ensure that all participants wear suitable clothing and remove any items (such as false nails or jewellery) that may pose a risk during activities.

4.2 I understand that FITIQ Training Centre accepts no responsibility for injuries caused by unsuitable clothing, accessories, or body enhancements.

5. Supervision, Conduct, and Consent

5.1 I understand that I am responsible for the behaviour, safety, and wellbeing of my children/dependants at all times.

5.2 I agree that all members of our group will behave respectfully towards other families, staff, and the facilities.

5.3 I confirm that I am the parent or legal guardian of all under-18s in my group, or that I have been given express permission by their parent or guardian to supervise and sign on their behalf.

5.4 No participant will be pressured into attempting any obstacle or activity they are not comfortable with. All activities are optional.

6. Children's Behaviour

6.1 I understand that FITIQ Training Centre is a safe and inclusive space for all families. I agree to help ensure a positive atmosphere by supporting appropriate behaviour from my child(ren) at all times.

6.2 I acknowledge that dangerous, disruptive, or disrespectful behaviour from any child may result in removal from the session for the safety of others.

6.3 I agree to intervene promptly and respectfully if my child requires guidance during a session, and to follow staff instructions in addressing any behaviour concerns.

6.4 Repeated behaviour that places others at risk may result in suspension from future sessions at the discretion of the FITIQ Training Centre team.

7. Term Fees and Attendance

7.1 All term fees must be paid in full prior to the start of the term, unless otherwise agreed in writing.

7.2 Whilst we understand that families may occasionally miss sessions, no refunds will be offered for non-attendance unless previously agreed.

7.3 I acknowledge that participation in external events, informal meet-ups, or off-site



activities is at our own risk. FITIQ Training Centre accepts no responsibility for any injury or incident arising from such activities.

8. Parking and Property

8.1 I understand that parking near the FITIQ Training Centre is at our own risk.

8.2 FITIQ Training Centre accepts no responsibility for damage to or theft from vehicles parked on or around the premises.

8.3 We accept responsibility for any personal belongings brought to the site. FITIQ Training Centre is not liable for lost or damaged items.

9. Liability and Indemnity

9.1 I accept full responsibility for the actions and safety of all members of my group.

9.2 I agree to indemnify FITIQ Training Centre, its staff, and associated agents against any claim made by a third party as a result of actions or omissions by any member of our group.

9.3 I understand that this agreement does not exclude liability in cases of personal injury or death caused by proven negligence of FITIQ Training Centre personnel.

10. Photography, CCTV, and Media

10.1 I consent to FITIQ Training Centre taking photographs or videos of our group for promotional purposes.

10.2 I understand I can request not to be included in media by informing staff in advance. No compensation will be offered for the use of media content.

10.3 I acknowledge that CCTV monitoring is in place for health, safety, and security purposes.

11. Data Protection and Emergency Contact

11.1 I consent to FITIQ Training Centre processing personal data for safety and administration purposes in line with UK data protection laws.

11.2 In the event of a medical emergency, I authorise FITIQ Training Centre to share relevant information with healthcare professionals for any participant under my care.

12. Duration of Agreement

12.1 I confirm this agreement applies to all family members under my care for a period of 12 months from the date of signing.

12.2 I understand that by signing this agreement, I may be waiving the right to bring claims against FITIQ Training Centre for incidents occurring during participation, except where required by law.

13. Acceptance

13.1 By completing our booking with FITIQ Training Centre, I confirm that I have read, understood, and agree to the terms outlined above on behalf of myself and all members of my group.

