



FITIQ Junior Training Centre, Safety Agreement and Terms & Conditions of Participation, hereafter referred to as the PARTICIPANT AGREEMENT.

Please read this first section with your child

At the FITIQ Ltd. we take the health and safety of all our clients seriously and will always prioritise this above all else. We wish to highlight that all the activities available at the FITIQ Tunnel, at FITIQ Events, at third party events that your child may take part in while representing FITIQ, or as part of a FITIQ team can be potentially hazardous physical activities, and that participation can lead to a risk of injury and even death. As such we ask that you and your child read the Participant Agreement and agree to the points raised.

Behaviour is the number one priority for all children while in and around the FITIQ Training Tunnel alongside our core values of:

RESPECT - TEAMWORK - INCLUSIVITY – DISCIPLINE - FUN.

We need your child to understand that this sport can be dangerous. Behaviour that does not represent our core values or is such that it disrupts or limits other children's enjoyment of their session or could cause accidents or injury, will NOT be tolerated.

This includes (but is not limited to):

- **Not listening** to instructions.
- **Talking or messing around** when instructions are being given to the group.
- Actions or behaviour that could make the **activity dangerous** to other participants.
- Using the equipment **without permission to do so** (inside or outside of the premises).
- **'Unsportsperson'** like behaviour – we never shame, bully or laugh at anyone else.
- **Bad Language or rudeness** to the training staff or anyone else in and around the centre.
- **Dangerous behaviour, bullying, rudeness or any type of violence to another child**
- **Disruptive behaviour** of **any** kind.
- **The use of mobile phones during the session.**

The FITIQ team have the right to ask for a child to sit out of a session, be removed from the session completely and/or asked not to attend the session. Any persistent poor behaviour will result in the child being asked to no longer attend FITIQ sessions. **NO REFUND WILL BE GIVEN.**



By agreeing to this Participant Agreement, we ask that your child and you as their responsible adult, agree to the terms above with regards to behaviour and that your child is committed and wants to be part of the FitIQ Junior team for the right reasons; for those that are not willing to participate in, and abide by our core values, we ask that they do not sign up.

On occasion we will as a team attend race events. Your child may participate in either the open race (no qualification needed) or competitive race if they have qualified or been asked to attend. We ask that a responsible adult is always with the child and for the avoidance of doubt, FitIQ are not responsible for the payment, sign up or travel to any event. We will of course be there to support you and your child from a coaching and organisational perspective.

I, the Participant or Parent/Guardian of Participant(s), confirm as follows:

1. **Acknowledgement of Risks:** I understand that participating in activities at FITIQ involves inherent risks, including the possibility of physical injury, emotional distress, paralysis, or damage to personal property or others. I accept and assume all risks related to these activities, including but not limited to cuts, bruises, sprains, breaks, or more serious injuries that may occur while using the equipment, transitioning between obstacles, or participating in any challenge. I agree to follow all safety instructions and use the facilities responsibly.
2. **Voluntary Participation:** My participation in these activities is voluntary. Despite the risks, I choose to participate, knowing that the activities can be physically demanding. I will only attempt obstacles and challenges within my own skill and fitness level, and I will maintain control throughout the activity.
3. **Health & Fitness:** I confirm that both I and the participant(s) are in good health, physically fit, and free from any medical conditions that could be aggravated by participation. If I or the participant(s) have any concerns about health, I will refrain from participating until cleared by a doctor.
4. **Cosmetic Enhancements:** I acknowledge that wearing cosmetic enhancements such as false nails, non-removable jewellery, or body modifications may increase the risk of injury. FITIQ advises removing these before participating or not participating at all. FITIQ will not be responsible for any injuries caused by these items.
5. **Safety & Responsibility:** I agree that the participant(s) will be responsible for their own safety and the safety of others during the activities. I understand that while FITIQ provides guidance and instruction, activities may be undertaken without direct supervision. I will ensure that the participant(s) wear all protective equipment provided and follow all instructions and safety measures at all times.
6. **Clothing:** Please make sure the child attends in correct sportswear for the activity. No baggy or ill-fitting clothes. Please make sure their shoes are sports shoes and have good grip. No Jewellery or anything that may get caught on the rig.
7. **Drop of and pick up:** Please make sure to be on time for the sessions and to pick up on time due to the new sessions coming in or leaving. FitIQ is not responsible for any vehicles in the car park area. If your child makes their own way to the Tunnel, please make sure Lou is made



aware beforehand so can check they have arrived and that they leave safely. FitIQ are not responsible for your child outside of the Tunnel.

8. **Drinks and Snacks:** No Fizzy or 'sports drinks' in the Tunnel, water only please, as well as a sensible snack if required – please try to avoid nuts.
9. **Safety Briefing:** The participant(s) will complete a FITIQ Junior Safety Briefing before engaging in any activities. I agree that the participant(s) will adhere to all guidelines provided in this briefing during every visit.
10. **Drug & Alcohol Policy:** The participant(s) will not participate in any activities under the influence of drugs or alcohol. FITIQ reserves the right to refuse participation if any participant is suspected of being under the influence.
11. **Indemnity & Liability:** I agree to indemnify FITIQ and its staff against any claims, loss, injury, or damage caused by the actions of the participant(s), including those under my supervision. I acknowledge that I will not hold FITIQ responsible for any injury that may occur while participating in the activities.
12. **Media Consent:** I give consent for FITIQ to photograph and record the participant(s) during the activities. I understand that these images and recordings may be used for promotional and marketing purposes. I waive any right to inspect or approve the use of these materials and understand there will be no compensation.
13. **Legal Fees & Costs:** If legal action is required to enforce this agreement, I agree to indemnify FITIQ for any legal fees or costs incurred.
14. **CCTV Monitoring:** I consent to the use of CCTV monitoring for health, safety, and security purposes at FITIQ.
15. **Damage or Loss:** FITIQ is not liable for any damage, loss, or theft of personal belongings while on the premises or during participation in activities.
16. **Confirmation of Age & Authority:** I confirm that I am over 18 years of age and legally entitled to sign this agreement for myself and/or on behalf of the participant(s) under 18 years of age.
17. **Ongoing Agreement:** This agreement is valid for 12 months from the date of signing and applies to all visits by me and the participant(s) during this period. I acknowledge that by signing, I waive the right to pursue legal action against FITIQ in the event of injury or damage during participation.
18. **Data Protection:** I consent to FITIQ holding and processing my personal data as outlined in the General Data Protection Regulation (GDPR). This may include sharing information with medical professionals if necessary for health or safety purposes.
19. **Fun & Enjoyment:** I understand that the primary goal at FITIQ is to have fun, get active, and enjoy the experience. FITIQ strives to create a positive, engaging, and inclusive environment for all participants.