



FitIQ Adult Participation Agreement and Readiness Disclaimer – 2025/26

This agreement applies to all adult participants aged 16+ who attend any FitIQ Training Centre sessions, including Open Gym, OCR, fitness classes, workshops, and events. It is valid for 12 months from the date of signing.

1. Programme Overview and Objectives

FitIQ delivers physically and mentally demanding fitness training, including but not limited to:

- Cardiovascular training (heart and lung conditioning)
- Musculoskeletal development (strength, endurance, mobility, flexibility)
- Obstacle course rig use, including rope climbs, wall climbs, monkey bars, and jump towers
- Conditioning tools including free weights, TRX, slam balls, boxing equipment, and Olympic rigs

Training is aimed at improving physical health, mental wellbeing, and functional capacity in a safe, inclusive environment.

2. Understanding and Acceptance of Risk

2.1 Participation involves inherent physical and emotional risk, including but not limited to injury, falls, sprains, fractures, impact injuries, and in rare cases, serious medical events (e.g. cardiac events).

2.2 These risks cannot be eliminated without altering the core nature of the training.

2.3 Participants must only attempt activities within their skill, strength, and confidence levels.

2.4 All activities are undertaken voluntarily and at your own risk.

2.5 Attendance at a Safety Briefing is required before participation in unsupervised or semi-supervised sessions.

3. Personal Responsibility and Behaviour

3.1 You are solely responsible for your own safety and for acting with due care toward others.

3.2 All instructions from FitIQ staff and safety signage must be followed at all times.



- 3.3 Respectful behaviour is required towards all participants, staff, and property.
- 3.4 You must not be under the influence of alcohol, drugs, or any impairing substance.
- 3.5 You agree not to participate in any activity that you do not feel comfortable with or that exceeds your physical capability.
- 3.6 If you become unwell, injured, or experience a change in health during a session, you will inform FitIQ staff immediately.

4. Health and Physical Condition

- 4.1 You confirm that you are in good mental and physical health and have no condition that would prevent safe participation.
- 4.2 You have had a recent physical check-up and/or received GP approval where relevant.
- 4.3 You accept full responsibility for any impact of pre-existing medical or mental health conditions.
- 4.4 If pregnant or managing any medical concerns, you will notify staff for appropriate modifications.
- 4.5 FitIQ is a fully inclusive space. If you require adaptations or support to feel safe and welcome, please speak to Louise confidentially.

5. Clothing, Accessories, and Equipment

- 5.1 Participants must wear appropriate clothing and footwear.
- 5.2 Jewellery, false nails, surgical enhancements, or other accessories that could pose risk must be removed or disclosed.
- 5.3 You accept full responsibility for harm caused by the use or non-removal of such items.

6. Supervision and Session Types

- 6.1 Some sessions are uncoached or semi-supervised following a Safety Briefing.
- 6.2 Open Gym sessions are self-directed and you are responsible for managing your own safety within them.

7. Term Fees and Attendance

- 7.1 Term fees must be paid in full in advance unless otherwise agreed in writing.
- 7.2 Refunds will not be issued for missed sessions unless agreed in advance.
- 7.3 Participation in off-site events or informal gatherings is at your own risk.



8. Parking and Property

8.1 Parking is available but used at your own risk.

8.2 FitIQ is not responsible for loss, damage, or theft of vehicles or personal belongings.

9. Liability Waiver and Indemnity

9.1 You accept full responsibility for all risks involved.

9.2 You agree to indemnify FitIQ and its staff from claims or damages caused by your actions.

9.3 This waiver does not exclude liability in the case of proven negligence resulting in serious injury or death.

10. Description of Benefits

Regular participation in FitIQ sessions may support:

- Increased strength and mobility
- Decreased body fat and improved physical health
- Reduced blood pressure and heart disease risk
- Improved mental health, confidence, and emotional regulation
- Social connection in a supportive environment

11. Media and Photography Consent

11.1 You consent to photographs or video being taken during sessions for promotional use.

11.2 You may opt out by notifying the team in writing.

11.3 CCTV is in operation on-site for safety, safeguarding, and security.

12. Data Protection and Emergency Contact

12.1 Your personal and emergency contact details will be securely stored for up to 3 years after participation ends.

12.2 Information will only be shared where necessary for your safety or where required by law.

12.3 All data handling is compliant with UK GDPR and Data Protection Act 2018.

13. Duration and Withdrawal



13.1 This agreement applies for 12 months from the date of signing and covers all activities in that time.

13.2 You have the right to withdraw consent regarding use of personal data or media at any time by written request.

14. Agreement and Acceptance

By completing your booking and signing this agreement, you:

- Confirm you have read and understood all terms
- Accept all risks outlined above
- Acknowledge your responsibilities as a participant
- Confirm you are aged 16 or over (or aged 16–17 with parental consent)
- Understand this agreement forms part of FitIQ's legal duty of care