



FITIQ Junior Training Centre

Safety Agreement and Terms & Conditions of Participation

(Hereafter referred to as the **PARTICIPANT AGREEMENT**)

Please read this section with your child

At FITIQ Ltd, the health, safety, and wellbeing of all children is our first priority. We want every child to feel welcomed, supported, and safe to try new things.

The activities at the FITIQ Tunnel are exciting and rewarding, but like all physical activities they do carry some risk. To keep everyone safe, we will begin with a group safety and behaviour briefing in the first session, so children understand what is expected.

We also recognise that children from Harmony may have individual needs, differences, or challenges that mean they may take part in their own way. These needs will always be respected. Our team will work closely with Harmony staff and parents to adapt where necessary, so that every child has the best opportunity to succeed.

Our Core Values

RESPECT – TEAMWORK – INCLUSIVITY – DISCIPLINE – FUN

Children are encouraged to live these values during their time with us. Sessions will be run by Lou Ferriman alongside Harmony teachers, ensuring consistent guidance, care, and encouragement.

Behaviour Expectations

We want every child to enjoy their session, feel included, and stay safe. To do this, we have some simple expectations around listening, safety, and kindness.

We also understand that children may sometimes find these expectations challenging. When that happens, FITIQ and Harmony staff will:

- Support the child to regulate and re-engage safely
- Offer adjustments or breaks where needed
- Work together with parents to find positive solutions if challenges are ongoing

Examples of behaviour that can create risks or affect others' enjoyment include:



- Not listening to safety instructions
- Using equipment without permission or supervision
- Actions that could make activities unsafe

If unsafe behaviour occurs, we will work alongside the Harmony team to find positive solutions. Because the activities at FITIQ can be physically demanding and sometimes dangerous, we may need to ask a child to step out of the activity for a short time before rejoining the session.

If persistent causes for concern continue, we may not be able to include that child in future sessions, as the safety of all children must remain our priority. Wherever possible, these decisions will be made in partnership with Harmony staff and parents, to ensure they are fair, supportive, and respectful of individual needs.

Parent/Guardian Agreement

By signing this agreement, I confirm the following:

1. **Acknowledgement of Risks:** I understand that obstacle training carries some risk of injury and will support my child to follow all safety guidance.
2. **Voluntary Participation:** My child is taking part voluntarily and will only attempt challenges suited to their level.
3. **Health & Fitness:** My child is in good health and fit to participate. If there are any concerns, I will inform FITIQ before sessions.
4. **Jewellery & Enhancements:** I understand that false nails, jewellery, or other items can increase the risk of injury and will ensure they are removed.
5. **Safety & Responsibility:** I will support my child in following all safety instructions and using equipment responsibly.
6. **Clothing:** My child will wear suitable sportswear and footwear.
7. **Drop-off & Pick-up:** I will ensure punctual drop-off and collection. FITIQ is not responsible outside of the Tunnel.
8. **Food & Drink:** Water only inside the Tunnel; snacks should be sensible and nut-free where possible.
9. **Safety Briefing:** My child will complete and follow the FITIQ Junior Safety Briefing.
10. **Indemnity & Liability:** I accept that FITIQ is not liable for injuries or damages resulting from participation.
11. **CCTV:** I consent to CCTV use for safety and security.
12. **Loss/Damage:** FITIQ is not liable for lost or damaged personal belongings.
13. **Authority:** I confirm I am over 18 and legally entitled to sign on behalf of the participant.
14. **Validity:** This agreement is valid for 12 months from signing.



15. **Data Protection:** I consent to FITIQ processing my personal data in line with GDPR, including sharing relevant details with medical professionals if necessary.
16. **Fun & Inclusion:** I understand that the aim of FITIQ is to provide a safe, enjoyable, and inclusive experience for all children.