

FITIQ 16+ Participation Waiver

Last updated: 7th September 2026

Please read this waiver before registering for your session.

This waiver applies to FITIQ events, open sessions and free play at The Tunnel and is valid for 12 months from the date of registration.

By completing your booking and taking part, you confirm that you understand and accept the following.

1. Activities and Risk

FITIQ activities may include physical exercise, obstacle activities, games, sporting challenges and use of training equipment both inside and outside The Tunnel.

Open sessions are not coached sessions. A member of the FITIQ team will be present at The Tunnel, but participants are responsible for how they choose to use the facilities and equipment.

Participation in physical activity carries an inherent risk of injury.

You use FITIQ facilities and equipment at your own risk and are responsible for making sensible decisions about your participation and use of equipment.

FITIQ will take reasonable steps to maintain the facilities and equipment and provide safety information where appropriate.

2. Health Information

Before participating, you must complete the required health screening information through the FITIQ booking system.

You are responsible for ensuring that the information you provide is accurate and current.

If your health, injuries or circumstances change in a way that may affect your ability to participate safely, you must update your information before taking part.

If necessary, FITIQ may provide first aid or contact the emergency services.

3. Use of Equipment

Participants aged 16 and over may use the equipment available inside and outside The Tunnel.

You must:

- Use equipment for its intended purpose
- Follow any safety instructions displayed or provided by FITIQ
- Not deliberately misuse equipment
- Not interfere with another participant while they are using equipment
- Stop using equipment if instructed to do so by a member of the FITIQ team

FITIQ may restrict access to particular equipment or activities where it considers this necessary for safety.

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4. Behaviour and Safety

Participants are expected to behave responsibly and with consideration for others.

FITIQ may require you to stop an activity or leave a session where your behaviour creates a risk to yourself, another participant, FITIQ staff, the facilities or equipment.

This includes reckless behaviour, deliberate misuse of equipment, abusive or threatening behaviour, interfering with other participants or refusing to follow reasonable safety instructions.

5. Alcohol, Drugs and Impairment

You must not participate while under the influence of alcohol, illegal drugs or any substance that may impair your judgement, coordination or ability to participate safely.

FITIQ may refuse participation or require someone to stop participating where staff reasonably believe they may be impaired.

6. Phones and Recording Devices

Mobile phones may be used during sessions where no children under the age of 16 are present.

Phones must not be used in a way that creates a safety risk or interferes with another participant.

Smart glasses and other wearable recording devices are not permitted. Participants must not photograph or record another person without their permission.

7. Photography and Video by FITIQ

FITIQ may take photographs or video during sessions and events for promotional, social media and marketing purposes.

If you do not wish to be photographed or recorded, please inform a member of the FITIQ team.

This follows the approach used in your earlier FITIQ consent wording rather than making photography a separate consent field.

8. Personal Belongings

Personal belongings remain your responsibility while at The Tunnel.

FITIQ accepts no responsibility for loss of or damage to mobile phones, electronic devices or other personal belongings brought onto the premises.

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9. Damage to FITIQ Property

Participants are expected to treat FITIQ facilities and equipment appropriately.

Where equipment or property is deliberately or recklessly damaged, FITIQ may seek to recover the reasonable cost of repair or replacement from the person responsible.

10. Event and Session Rules

FITIQ may introduce additional safety or participation rules for individual events, activities or sessions.

Participants must follow any additional rules communicated by FITIQ.

11. FITIQ Responsibility

FITIQ will take reasonable care to maintain its facilities and equipment and to provide an appropriate environment for participation.

Nothing in this waiver removes or limits any responsibility that FITIQ cannot legally exclude.

12. Agreement

By completing your booking, you confirm that:

- **The information you have provided is accurate**
- **You understand the physical nature of FITIQ activities and the associated risks**
- **You have completed the required health screening information**
- **You understand that open sessions are not coached**
- **You accept responsibility for your own use of the facilities and equipment**
- **You agree to follow FITIQ safety instructions and session rules**
- **You agree not to participate while impaired by alcohol, drugs or another substance**
- **You accept the terms of this waiver**

This waiver remains valid for 12 months from the date of registration