

FITIQ Junior Training Centre, Safety Agreement and Terms & Conditions of Participation

Hereafter referred to as the PARTICIPANT AGREEMENT.

17 September 2026 to 16 September 2027

Please read this first section with your child:

At the FITIQ 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 or any other recording based device including 'smart glasses' during the session.**

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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.**

To be clear, FITIQ is not an after school club or childcare facility. FITIQ is a specialist sports training centre for obstacle sports. We therefore ask that parents and carers understand the nature of the environment and that children attend FITIQ to take part in structured, physically demanding sports training.

There is no fitness requirement, previous experience or expected level. We welcome children with different abilities, needs and starting points, and we recognise that active participation may look different for each child.

We simply ask that your child wants to take part, engages with the session in a way that is right for them and contributes positively to the group.

Our aim is for every child to have a safe, inclusive and enjoyable experience while taking part in structured obstacle sports training. That is why positive behaviour, listening to coaches and engaging with the session are so important, both for your child and for every other participant in the group.

For the same reason, we will act where a child repeatedly disrupts a session, prevents others from taking part or affects the safety or experience of the wider group. This may include asking a child to sit out, leave the session or, where issues continue, no longer attend FITIQ.

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.

Participant Agreement

I, as the parent or guardian of the child taking part, confirm the following:

1. Understanding the Activities

I understand that FITIQ activities involve physical exercise, obstacle training and sporting challenges and that these activities carry a risk of injury. Injuries could include cuts, bruises, sprains, broken bones or, in rare circumstances, more serious injury. I will encourage my child to follow all safety instructions and use the facilities responsibly.

2. Taking Part

My child is taking part voluntarily. I understand that activities can be physically demanding and that my child should only attempt obstacles and challenges appropriate to their ability and follow the guidance of FITIQ coaches. Children should always tell a coach if they are uncomfortable, unsure or do not feel able to attempt an activity.

3. Health, Medical Information and Additional Needs

I will tell FITIQ about any medical condition, injury, medication, allergy, additional need or other information that may be relevant to my child taking part safely. If I have concerns about whether an activity is suitable for my child, I will discuss this with FITIQ and seek medical advice where appropriate. I will tell FITIQ if any relevant information changes.

4. Jewellery, Nails, Hair and Personal Items

Children should not wear jewellery, watches or anything that could become caught on equipment. Long or false nails may increase the risk of injury when using obstacles and equipment and should be kept at a safe length for training. Long hair should be tied back securely. FITIQ coaches may ask a child to remove or secure an item before taking part if they believe it could create a safety risk.

5. Safety During Sessions

FITIQ will provide appropriate coaching, instruction and supervision during junior sessions. Children must listen to their coaches, follow instructions and only use equipment when they have permission to do so. Children must behave in a way that protects both their own safety and the safety of others. Any safety or protective equipment provided must be used when instructed.

8. Drinks and Snacks

Children should only bring water to their session. Fizzy drinks and sports drinks are not permitted in the Tunnel. Children may bring a sensible healthy snack if required. No sweets please. Please avoid bringing nuts because other children attending FITIQ may have allergies.

9. Safety Briefing

Children will receive a FITIQ Junior Safety Briefing before taking part and must follow the safety guidance given by their coaches during every visit.

10. Medication, Alcohol and Other Substances

Parents must tell FITIQ about medication or medical information that could affect their child during training. Children must not attend a session under the influence of alcohol, illegal drugs or any other substance that could make participation unsafe. FITIQ may prevent a child from taking part where there is a genuine health or safety concern.

11. Responsibility and Liability

I understand that FITIQ activities carry inherent risks. FITIQ will take reasonable care to provide a safe environment, suitable equipment, appropriate instruction and supervision. Children are expected to follow the instructions given by FITIQ coaches and use equipment responsibly. Nothing in this Participant Agreement removes or limits any responsibility that FITIQ cannot legally exclude.

12. Photography and Media Consent

Photography and recording for promotional purposes are optional and are not a condition of participation at FITIQ. FITIQ will only use identifiable photographs or video of a child for promotional purposes where permission from a parent or guardian has been obtained and recorded.

During normal FITIQ classes and activities, FITIQ may occasionally take photographs or video for use on our website, social media and promotional materials. If we do not have photography permission recorded for your child, they will not intentionally be included in promotional photography or recording.

If you have any concerns about photography or recording, wish to provide or withdraw permission, or do not want your child to be included, please email lou@fitiq.life. Permission can be withdrawn at any time.



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FITIQ will never photograph or video participants during school, enrichment or organised group sessions. Mobile phones are never allowed during junior training sessions or for use by participants under the age of 18 while taking part in FITIQ activities.

This does not include fixed CCTV used solely for health, safety and security purposes.

13. Birthday Parties

Birthday parties are not regular FITIQ training sessions, but the same expectations around behaviour, safety, listening and respect still apply. Photography and video are the responsibility of the parent organising the party, including making sure appropriate permission has been obtained from other parents or carers. Anyone under 18 is not permitted to use a mobile phone, camera or other recording device during the party.

14. Personal Belongings

Please make sure your child collects and takes home all of their belongings after each session. We will do all we can to reunite children with lost items, but any unclaimed clothing or personal items that have been held at FITIQ for more than three months may be donated to a local charity shop.

15. CCTV

CCTV operates at the FITIQ Tunnel for health, safety and security purposes. CCTV footage is not used for promotional or marketing purposes and is managed in accordance with UK data protection requirements.

16. Parent or Guardian Confirmation

I confirm that I am aged 18 or over and have the authority to agree to these terms on behalf of the child or children I am registering.

17. Ongoing Agreement

This Participant Agreement is valid for 12 months from the date it is agreed. I will tell FITIQ if any information relating to my child's health, safety, additional needs or participation changes during that period.



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18. Data Protection

FITIQ will collect and use the personal information needed to manage bookings, participation, communication, health, safety and emergencies in accordance with UK data protection law and the FITIQ Privacy Notice. This may include health, medical and additional needs information where this is necessary to support a child safely at FITIQ. Relevant information may be shared with medical professionals or emergency services where necessary to protect the health or safety of a child. Photography and promotional media are dealt with separately in Section 12.

Our Privacy Notice explains how we use and protect personal information, how long we keep it and the rights of parents, carers and participants in relation to their information.

19. Fun and Enjoyment

The primary goal at FITIQ is for children to have fun, get active, develop skills, challenge themselves and enjoy being part of the FITIQ community. We want every child to feel welcome, supported and able to take part at a level that is right for them.