



MOVE MORE CLASSES

TERMS & CONDITIONS

The Move More Exercise Classes will be operated in strict accordance with the latest Government of Jersey (GOJ) Safe Exit Strategy.

The priority of the programme is to safeguard the health of all participants and Move More Instructors. Please read the Terms below and if anything is unclear, please contact our Head of Move More Jersey, Cirsty de Gruchy at: cirsty.degruchy@jerseysport.je

- The Move More Jersey team reserves the right to decline entry to the classes if, in their professional opinion they believe that the classes would not be appropriate or safe for the participant to take part in.
- The Participant will complete a triage phone call with a Move More Jersey team member, which includes a health screen. The participant must commit to ensuring that all information regarding their physical and mental health is a true reflection of their current health. The participant must ensure that they give a full list of current medications as appropriate.

- The Participant must accept that they are undertaking the classes entirely at their own risk and that they are suitably fit and well to attend a class.
- The participant must inform the Move More Instructors immediately if there is any change to their health condition whilst participating in the classes. Jersey Sport or its staff cannot be held responsible for any injury/ death which may occur as a result of omission or false information.
- The participant will be responsible for monitoring their own responses during exercise.
 - If any of the exercises cause discomfort or concern, it is the participants responsibility to inform the Move More Instructor who will discuss alternatives.
 - Participants must stop immediately and inform the Move More Instructors if they feel unwell, experience any chest pain, nausea, dizziness or feel faint whilst exercising
 - It is the participant's responsibility to inform the Move More Advisor of any new or unusual symptoms, changes in medication and results of any investigations or treatment during the programme.
- All classes must be booked online via the online booking system. Should this cause a problem for a participant then they can also book by calling the Move More Jersey Administrator on 757700.
- Cancellation of attendance to a class must be attended unless 24 hours' notice of cancellation is received.
- Jersey Sport and its staff cannot be held responsible for any injury which may take place as a result of the participant deviating from the programme put in place. The participant exercises at their own risk and must take full responsibility for their own actions based.
- Please be aware that the type and style of exercise equipment varies across all venues. If participants are unsure how to undertake an exercise or use a piece of equipment, they must ask the Move More Instructor for advice prior to commencing any exercise or attempting equipment use.
- Participants must wear appropriate, clothing and shoes. Move More Referral Instructors will not be responsible for accidents incurred through participants wearing incorrect clothing or footwear.
- Participants are expected to arrive in time for the start of classes. If a participant has any questions or concerns, please arrive a few minutes early to discuss these with the Move More Instructor. Any participants who arrive late to classes, may be asked to leave if they have not been able to participate in the full warm up as there is a high risk of causing an injury without a warmup.
- Move More Referral Instructors are unable to accept responsibility for participants personal belongings and/or medication. Please use lockers provided or leave valuables at home.
- It is the participant's responsibility to bring any medication they may need during exercise classes with them to the programme. This must remain with them on their person. The Move More Referral Instructors cannot look after medication or administer it for participants.
- If a participant is unwell, has a cold or flu, they should not exercise.
- If a participant is unable to attend their class, please cancel the session by contacting the Booking Officer on 757 700 immediately. Classes missed will not be reimbursed unless for a valid medical reason.

DISCLAIMER

Jersey Sport accepts no responsibility or liability for any loss, injury or damage to persons or property save where such loss, injury or damage is directly caused by the negligence of Jersey Sport. It is my responsibility to ensure I am fit and in good health to participate in the activity I choose to attend. Jersey Sport reserves the right to cancel any course if necessary. If Jersey Sport staff feel that there is a risk to your health, you may be advised to seek written consent from your health professional before continuing with any Move More Class.