



## Terms and Conditions

- *Classes generally run in 7 x 5 week blocks broadly following the school term with breaks for half terms, Christmas, Easter and September*
- *Payment is made on the first of each month via bank transfer or Go-Cardless and allows you 35 class credits during the year (September 1st to August 31st). Sorry no cheques please and preferably no cash. If you do pay cash please place in a sealed envelope with your name clearly visible.*
- *It is **your responsibility to cancel your class** via the on-line booking system 24 hours before your scheduled class as a courtesy to others who may wish to attend*
- *A strict 24-hour notice period is required for Studio Sessions, last minute cancellations/no shows will be forfeited*
- *Zoom Members have unlimited access to all sessions on Zoom.*
- *If a whole week is missed Zoom members can have recordings or make use of the video library.*
- *Studio members who miss a session can come to a zoom session, have a recording or use the video library.*
- *Under the current Covid19 pandemic class swaps are not allowed.*
- *Payments for classes are non-refundable.*
- *A client must have made payment before attending class.*
- *Credits may be considered in exceptional circumstances.*
  
- *Cancellation of your Memberships requires **28 days notice** from receipt.*
- *Nikki Harlow reserves the right to make alterations to the schedule. Clients will be notified of any class cancellations and credited to the value of the cancelled class.*
- *Credit will be given if the Instructor needs to cancel due to unforeseen circumstances/illness*

## Pilates Housekeeping

- *Please arrive promptly 5 minutes before the start of the class otherwise you may be asked to leave.*
- *Please remove shoes before walking to your space to ensure the floor is kept clean and dry.*
- *Please ensure all belongings are kept within your 'space' to safeguard everyone from accidents*
- *Nikki Harlow Pilates advises you to wear sticky socks or no socks to guard against slipping on the studio floor.*

## Waiver

*Please advise me before commencing any session if, for any reason, your health or your ability to exercise changes.*

*It is inadvisable to do Pilates between weeks 8 to 14 of pregnancy unless by special arrangement with your teacher.*

*It is also wise to wait six weeks after the birth before resuming exercise and having your six-week check.*



*Pilates exercises are very safe, but, as with all forms of physical exercise, it is prudent to consult your doctor before starting Pilates sessions.*

*These sessions are not a substitute for medical counselling or treatment. If you have any doubts about the suitability of the exercises, you should refer back to your medical practitioner. The teacher can accept no liability for personal injury related to participation in a session if: -*

- \* Your doctor has, on health grounds, advised you against such exercise*
- \* You fail to observe instructions on safety and technique*
- \* Such injury is caused by the negligence of another participant in the class*

*Exercise should be performed at a pace which feels comfortable for you. Pain is the body's warning system and should not be ignored. Please inform your teacher immediately if you feel any discomfort during a session. Please also inform your teacher if you felt any discomfort after a previous session.*

*I understand that Body Control Pilates exercises involve hands-on correction and I hereby consent for my teachers to work in this way. **During the Covid19 pandemic there will be NO TACTILE CUEING***

*(PLEASE SEE SEPARATE COVID 19 GUIDELINES HERE)*

*I confirm that I have read and understood the above advice and that the information I have given is correct and that I will participate in physical activity at my own risk.*

*I confirm agreement to be contacted with information on classes and other Pilates related activities and understand that I have the right to withdraw this 'consent to be contacted' at any time.*

*I confirm that my Body Control Pilates teacher may use the information provided in my Client Enrolment Form and any other information I may later provide for teaching purposes. This information: -*

- a. will be used in confidence and stored securely*
- b. Will not in any circumstances be shared with a third party without my written consent.*
- c. May be retained by my teacher for a period of time such as complies with professional, legal and insurance requirements that they must fulfil.*

## **Terms and Conditions Confirmation**

- **By becoming a member, you are agreeing to these terms and conditions**



## COVID 19

### GENERAL RISK ASSESSMENT FORM AND ARRIVAL GUIDELINES

(Please see individual Risk Assessments and Guidelines for Individual Venues)

Please ensure you have read the detailed Risk Assessment Form and Completed the Covid19 Supplementary Questionnaire before participating in the class.

1. Please bring your own mats, head rests and any other equipment I have asked for. I encourage you to wear non-slip socks to avoid your feet being in contact with the floor which I will have cleaned before your arrival and avoid slipping.
2. You should be changed into your workout gear before you arrive and leave your mobile phones in your bags. **Please take your shoes off** as soon as you come in through the door to keep the floor dry and as clean as possible and enter wearing a mask which can be removed once you are in your 'space.'
3. Once in your space please **DO NOT** walk around the hall but remain in your space.
4. Bring your own water bottle and please remember to take it home with you.
5. Please remember to follow current Government Guidelines on social distancing and be respectful to others at all times.
6. The entrance/exit doors and windows will be left open for added ventilation.
7. Please sanitise your hands upon entry (there is a hand sanitiser at the side of the door on the right)
8. There should be ample room to socially distance and not wear a mask but if you feel happier wearing one then please do so, however please wear a mask on arrival and departure.
9. Please feel free to bring extra hand sanitiser, wipes etc.
10. If you feel at all unwell on the day, **please do not attend.**
11. There will be some antibacterial wipes for you to take upon entry so you can clean your area if you wish.
12. Please clean your area on departure and replace your mask. Place all used wipes in the bin provided before you leave.
13. **You must avoid being face to face when lying on your mats, participants should be side by side and/or behind each other** using a toe to toe or head to toe arrangement.
14. Please ensure you leave the toilet clean and tidy with no tissues on the floor.
15. I will not be using tactile cueing.
16. At the end of the class, please be respectful and allow those closer to the exit door to leave first. Please be patient and allow people to leave in a socially distanced manner.
17. There is hand sanitiser for you to use on your exit.
18. Please replace your mask on departure and leave promptly.
19. Guidelines are continually evolving. I will always follow any new government guidelines.
20. It is important to adhere to the above guidelines along with the current government guidelines, as they are part of my overall risk assessment that has been set out and will be monitored against.
21. This may sound a little heavy handed from me, but these things are out of our control and I have to enforce it. This is about people's lives and health as well as everyone's livelihoods and patience and I do not set the rules.
22. Finally, and above all, breathe, relax and enjoy the class.

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