



## Participation Rules for Sports & Fitness Activities

1. By participating in our activities, you agree to abide by these rules below and our [Code of Conduct](#)
2. All sports and physical activities are for adults aged 16 and over, unless otherwise specified
3. Physical activity is undertaken at your own risk. If you have any concerns about your health or suitability for your chosen activity, seek guidance from a health professional before participating
4. You must always register your attendance by signing the register at the beginning of the session
5. For sessions that require booking, you must cancel with at least 4 hours' notice if you can no longer attend. If you fail to attend or cancel less than 4 hours before the session, you may be blocked from future bookings for up to 4 weeks. You can cancel via your booking site or by messaging in the relevant Whatsapp group
6. You cannot join the session if you are later than 10 minutes after the start time
7. No equipment is allowed to be removed from the venue
8. Always ensure you are wearing suitable clothing and footwear and bring a bottle of water
9. Avoid conversations during sessions as this is disruptive
10. You must follow the instructions of our staff and tutors at all times