**Bonny Downs Community Association**

# Participation Rules for Sports & Fitness Activities

1. By participating in our activities, you agree to abide by the 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 record your attendance by signing the register at the beginning of the session
5. Always ensure you are wearing suitable clothing and footwear and bring a bottle of water
6. For sessions that require booking, if you can no longer attend, you must cancel with minimum 8 hours' notice. If you fail to attend or cancel less than 8 hours before the session, you may be blocked from future bookings for up to 4 weeks. You must cancel via Eventbrite so that the space can be automatically released to the next person on its waiting list. Therefore please do not put cancellations on Whatsapp groups.
7. You cannot join the session if you are later than 5 minutes after the start time. If you think you will be later than this, please do not attend as this is disruptive.
8. Avoid conversations during sessions as this is disruptive
9. You must follow the instructions of our staff and tutors at all times
10. No equipment is allowed to be removed from the venue

*Updated November 2026*