

The Bump Room Bond



Core values

- The Bump Room classes are a safe place for mums-to-be to exercise with instructors who are compassionate, professional and connected.
- We aim to reassure, encourage and motivate mums-to-be to stay fit, strong and confident to exercise during pregnancy. The classes are reasonably challenging to empower pregnant women about the positive health benefits of exercise in pregnancy.
- The Bump Room Physiotherapists are committed to learning, sharing, teaching and supporting each other for the development and growth of our classes. We strive to learn from each other to create classes that deliver an excellent experience for our pregnant ladies.

For Your Safety

1. Each attendee must complete and sign the bump room health screening form prior to commencement of classes. You are required to be at your first class 10 minutes before the class starts. During this time your physiotherapist instructor will read through your health screening form and ask you more questions. Please understand that during this time the physiotherapist may assess that the classes are not suitable for you. If this is the case your deposit will be refunded. This is very rare and for the majority of pregnant women exercise in pregnancy is safe and recommended.
2. Sometimes the instructor may seek further clarification from your GP/Gynae in relation to your medical history and suitability for the classes. In these cases, we supply a letter with more details for the GP/Gynae on what the classes entail so they are aware of the content in the classes.
3. Please ensure that you are past the first trimester before starting the classes.
4. It is the sole responsibility of every attendee to inform the physiotherapist instructor of any injury or change in health.
5. Keep us informed! We need to know of any changes that occur during pregnancy so we can give you the optimum level of care during your pregnancy and beyond. These changes may range sore joints and muscles to spotting or bleeding. Sometimes you will need to take a break from the classes or go to your GP/Gynae. In many cases we will advise and modify your exercises.
6. Each attendee will listen to their bodies. If any attendee feels for any reason they cannot do an exercise or activity in the class, please cease the exercise and inform the physiotherapist instructor who will modify the exercise.
7. Some exercises may not be comfortable for you to do or may aggravate a pre-existing or new condition. If this is the case cease the exercise and inform the physiotherapist instructor. They will give you an alternate exercise to perform to ensure you can continue with the classes and gain all the benefits.
8. Sometimes during the course of your pregnancy you may have to undergo some medical procedures e.g. amniocentesis that require you to take a break from the classes. In this case we may request written permission to return to the classes from your GP/Gynae.
9. You may ask any questions you wish before, during or after a class.
10. It is expected that all participants arrive on time and stay for the duration of the class
11. The Bump room cannot be held responsible for any lost, damaged or stolen property during any bump room class

Refunds and Cancellations

1. To confirm your place for your first block of classes you must pay your booking deposit online. The remainder of the balance is paid at the registration class.
2. If you have paid a booking deposit and need to then cancel classes before commencing this can be done online through the original online booking. If this is done within 5 days of the classes starting your deposit will be fully refunded.
3. If you know at the registration class that you are unable to attend a class, and inform us on payment of the balance in the registration class, we will not charge for those missed classes (no more than two).
4. If you are unable to attend the registration class and do not give us notice you will still be charged for this missed class.
5. If you miss a class after payment on registration, for whatever reason, work, holidays, family engagements, sickness etc. we will not give refunds or carry forward classes.
6. In the case of illness requiring hospital admission due to unforeseen pregnancy complications, refunds are given if we are contacted and circumstances explained.
7. Pregnancy can be uncomfortable and 60-80% of women can develop back pain and pregnancy related pelvic girdle pain. When severe it can even make walking difficult. We will modify the exercises as much as possible however occasionally the physiotherapist may advise to stop. Classes are not refunded in this instance
8. We do not operate a pay as you go system, however towards the end of pregnancy there is flexibility.
9. In unforeseen circumstances classes may be subject to change and cancellation. In such cases your instructor will offer an alternative classes or refund.
10. It is the responsibility of each attendee to give a mobile phone number or email address on booking a class, where they can be reached to inform of any unforeseen cancelled classes.

Disclaimer

1. I agree to inform The Bump Room instructor of any change in my pregnancy or health, or any condition that would affect my ability to engage in physical activity
2. I understand that it is my responsibility to inform my doctor that I am participating in The Bump Room classes.
3. The Bump Room will not be held responsible in any way for circumstances/injuries that occur during pregnancy.
4. I give the bump room permission to contact at their discretion my emergency contact should the need arise.
5. The Bump Room reserves the right to vary terms and conditions/venues/class format. Notice of changes may be made to you via email or personally delivering notice to you.
6. We understand that your privacy is of utmost importance and all information is treated with confidentiality and sensitivity. The Bump room will not provide any personal details to any third party. You will only receive information from the bump room if you have registered for our classes.
7. I have read the above statements and agree to accept all terms & conditions. I release The Bump Room from all claims.