



Disclaimer Form

Health & Safety

- Participants agree to abide by all rules and regulations of the class, instructions and health and safety information given by the instructor
- Participation shall be undertaken at the participants own risk and the instructor shall not be liable to the participant for any claims of injury, damage or causes of action to person or property arising out of or connected with participation in the classes
- Participants understand that all of the steps and movements are designed so they are simple to follow and carry out; but that you are still able to work at your own pace and takes regular breaks where needed. So please stop if you feel dizzy, unwell or too hot
- Please wear suitable footwear that is supportive for exercise purposes. Attendees that arrive in heels, flip flops, Ugg style boots or any other unsuitable footwear will not be permitted to attend class
- I confirm that I am responsible for the health & safety of myself and my baby during the class and whilst on the premises
- Please notify your instructor of any injury's or health issues that may affect you during class when you arrive

Baby Wearing Safety

- I have read the TICKS Guidelines attached and agree to regularly check my baby throughout the class and when instructed by the instructor
- OWN CARRIER: I am aware to the best of my knowledge that the carrier or sling I am using has been safety tested and is from a reputable retailer (If you are unsure of this please ask your instructor and we can signpost you to the relevant information)
- Ensure yourself and your baby are wearing one layer of clothing, so not to overheat and that it is comfortable for movement
- You are not required to carry your baby for the whole of the class and if at any point you would like to put your baby in their pushchair or in the safe area provided please do so
- We are unable to assist you in wearing a carrier, sling or wrap in class if it is the first time you have worn it. We are more than happy to signpost you to a local sling library or relevant information should you require help in wearing your chosen carrier safely
- If your baby is under 4 months of age we recommend a head support. If you are unsure of how to do this with your own carrier or sling, please ask before the start of class

Advised

- Supportive sports bras are advisable 😊
- We recommend breastfeeding Mums to feed baby's before class as it can get uncomfortable whilst carrying baby for the duration of the class
- Please feel free to attend to your baby's needs as required and suitable, safe areas to do this have been set up where possible
- Please stay hydrated throughout the class. Jugs of water will be provided
- Please contact us ahead of booking should you want to bring along another child or guest

