
Terms & Conditions – HMS Shipshape

Thank you for choosing HMS Shipshape to help Improve your physical health and emotional wellbeing. This document below outlines the agreement made between you as the client and me as the business provider In the Interests of Health & Safety and for fulfilling all legal requirements.

1. Booking & Payments

- All classes must be prepaid in advance to secure a place.
- Pre-payments are **non-refundable** if the class continues as scheduled.
- If a class is cancelled by the instructor for any reason, participants will be offered a credit towards a future class. (No refunds)

2. Cancellations & Safety

- The instructor reserves the right to cancel or postpone a class in the interest of **health and safety** (e.g. adverse weather conditions- torrential rain/winds and/or exceptional heat, unsafe training environment, illness or injury).
- Cancellations will be reviewed on an **individual basis** and participants will be notified as soon as possible.
- Where classes are cancelled for health & safety reasons, participants will be offered a credit towards a future class. (No refunds)

3. Health & Medical Responsibility

- All participants are responsible for ensuring they are medically fit to take part in classes.
- Any pre-existing medical conditions, injuries, or concerns should be disclosed to the instructor before participating.
- Participation is at the individual's own risk. The instructor is not liable for any injury, illness, or accident that may occur during the class, except where caused by proven negligence.
- The instructor can refuse participation if someone appears unwell or unable to exercise safely.

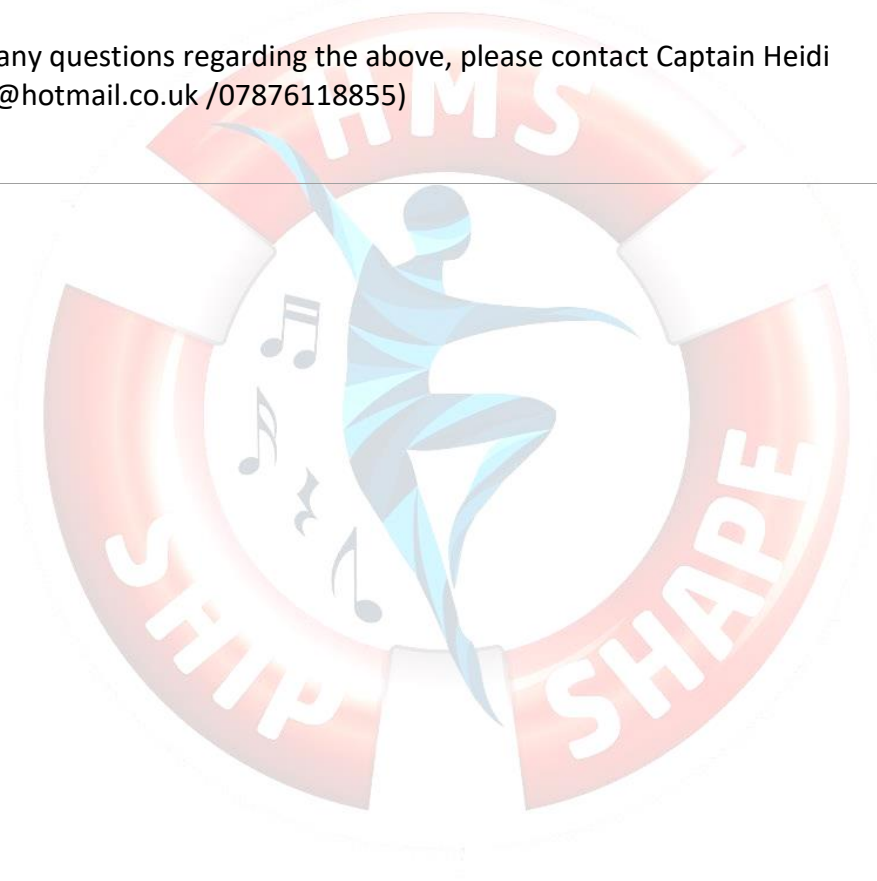
4. Conduct & Commitment

- Participants are expected to follow the instructor's guidance and safety instructions at all times. *Please also refer to the website guidance within the HMS Shipshape website for preparing and participating in fitness classes:
<https://hmsshipshape.co.uk/fitness-classes/>
- The instructor reserves the right to remove any participant from a class if their behaviour poses a risk to themselves or others.

5. Children (If applicable)

- Children aged 5-17 must be accompanied by an adult when participating in classes. Supervision of any child(ren) remains the adult's responsibility.
- Safeguarding- Children will also need to complete the health and safety screening process which will also need to be signed by the accompanying adult. HMS Shipshape retains the right to refuse if unsafe.

If you have any questions regarding the above, please contact Captain Heidi
(Heids1979@hotmail.co.uk /07876118855)



*A lifeline to fitness for all
that's fun and friendly*