



PLEASE READ BEFORE PARTICIPATING

Physical exercise in all of its forms is classed as strenuous physical activity. Accordingly, you are urged and advised to consult with your doctor before beginning any exercise regime, routine or programme.

Whilst fitness classes and activities from McLaren Leisure are conducted by well-qualified, experienced and competent staff, accidents are possible. Intending participants should carefully consider this aspect of their involvement before taking part. McLaren Leisure does not provide personal insurance for people taking part in its online fitness classes, while donations are greatly appreciated, we don't charge for the online classes.

By performing any fitness exercises without supervision, you are performing them at your own risk. McLaren Leisure will not be responsible or liable for any injury or harm you sustain as a result of this fitness programme/online fitness class or information shared on our website and social media. This includes live classes, emails, videos and text.

Using ZOOM for live classes

Participants security is paramount to us and we have taken extra steps to ensure these live classes are as secure as possible, including private groups to control access to class links and waiting rooms. To help us with this please ensure you have your camera on at the start of the session. Anyone who does not show their video will not be allowed access. (You can turn your camera off once you are in if you wish. Though it is good for our instructors to see you just like in a normal class situation) Our instructors have disabled the screen share function and will mute all users at the start of each session Please use the comments section if you have any issues/questions.

Participant responsibility

It is the responsibility of the participant to ensure:

- You are in good physical condition to be able to participate in the exercise and understand that it is your responsibility to judge your physical ability for these activities.
- You will not exceed your limits while performing activities set by McLaren Leisure and will choose a level of workout to suit your skills and abilities.
- There is sufficient space to perform the exercises safely and move freely without obstacles or obstructions, free from furniture, equipment and other hazards
- Any equipment required is safe and in a suitable condition for the activity being performed
- The surrounding floor space is entirely clear and you have removed any hazards that may increase the risk of slips, trips or falls
- There is sufficient heating, lighting, ventilation and hydration.

By participating in any of these activities you are agreeing to all of the above.