



MOVE MORE **ABILITY**

TERMS & CONDITIONS

The priority of the Move More Jersey Ability program is to safeguard the health of all participants whilst providing safe, fun, social and accessible sessions. Please read the terms below and if anything is unclear, please contact Claudia, our Move More Jersey Disability & Inclusion Officer at: movemore@jerseysport.je or call 01534 757700

- All participants (including support workers, family, friends who are cycling with participants) must be registered with the Move More Jersey Hub before attending a Move More Ability session: [Move More Jersey - Online Referral Form - ReferAll Self-Referrals \(refer-all.net\)](#) Should you require assistance to register, please contact Claudia in the Move More Jersey office on the above contact details.

- Participants who are not registered will be turned away until they are registered. This is to safeguard the health of all participants.
- Once registered, participants are required to book onto Move More Ability sessions before attending which can be done via the Move More Jersey Office.
- All participants are requested to bring their own filled water bottle, food, sun cream and medication that they may need during the session.
- The participant must inform the Move More Jersey Staff, if there is any change to their health condition whilst participating in the session. Jersey Sport cannot be held responsible for any injury/ death which may occur as a result from any omission or false information.
- The Participant must accept that they are participating entirely at their own risk and that they are suitably fit and well to attend the session.
- The participant (or carer / support worker) will be responsible for monitoring their own responses during exercise:
 - If at any time during the session, the participant experiences discomfort or concern, it is the participants responsibility to inform the Move More Jersey staff / volunteers.
 - Participants must stop immediately and inform the Move More Jersey Staff / volunteers if they feel unwell, experience any chest pain, nausea, dizziness or feel faint whilst exercising.
 - If a participant is unwell (e.g., cold, flu, generally feeling unwell), they must not attend the session.
- Jersey Sport, it's staff and its volunteers cannot be held responsible for any injury which may take place because of the participant deviating from the programme in place.
- Participants must wear appropriate clothing and shoes for the session.
- The Move More Jersey Staff / volunteers will not be responsible for accidents incurred through participants wearing incorrect clothing or footwear. Participants may be turned away if their footwear/clothing is deemed inappropriate. Please bring sun cream / hats in summer and hats / gloves / coats in winter.
- Participants must inform the Move More Jersey Staff / Volunteers if they are leaving a session early. Participants are expected to arrive in time for the start of sessions. If a participant has any questions or concerns, they should arrange to arrive a few minutes early to discuss these with the Move More Jersey Staff or call the Move More Jersey Disability & Inclusion Officer prior to attending.

- Some meeting points may have access to toilets, though not all will. Please consider this when signing up for sessions.
- Move More Jersey Staff / volunteers are unable to accept responsibility for participants personal belongings and/or medication.
- It is the participant's responsibility to bring and keep in their own possession any medication they may need during the session, please also note that the Move More Jersey Staff / Volunteers cannot administer any medications to participants.
- Participants (and their carers) are responsible for ensuring all participants bring any medication they may need during the session and have taken on appropriate nutrition and hydration to ensure their safety and good health during sessions. Should a participant require to eat, drink, or take medication during a session to ensure their ongoing safety, this is not a problem but should be done discretely so as not to impact the session for other participants.
- Our sessions are inclusive but any participant who is unable to take part in a session independently and requires assistance to understand instructions or maintain their own personal safety must attend with a carer, support worker, family member or friend who must support them throughout the walk.
- If using a wheelchair and mobility scooters, please ensure that batteries are sufficiently charged to complete activity.
- Participants are required to put themselves onto / off any equipment. The Staff and volunteers will give full instructions, however, due to health and safety reasons our staff / volunteers cannot physically help participants. If help is required to get on / off equipment, please bring a support worker / family member who can help.
- The type and style of activity and the equipment used will vary across all sessions. If participants are unsure how to undertake an activity/ movement or piece of equipment, they must ask for advice beforehand.
- If we find that ground rules are not observed to our satisfaction, we reserve the right to ask participants / carers to leave the session.
- If a participant is unable to attend their session, they should cancel their booking by contacting the Move More Jersey office on 01534 757700.

Guidelines for carers and support workers

Move More Ability sessions rely on the cooperation of carers and support workers to make activities fun and safe for everyone. We actively encourage you to take part alongside your participants.

You will be expected to:

- Ensure that there are enough of you to support the participants you bring
- Alert our staff to any challenging behaviour that may put them and others at risk, as soon as you arrive.
- Supervise and remain responsible for your participant/s during your visit
- Assist participant/ in their preparation for outdoor or indoor physical activity, (depending on venue), ensuring adequate nutrition, hydration, medication, and required equipment / support and that clothing is suitable for the activity and will not catch on equipment.
- Support the participant onto / off equipment (please note that due to COVID-19 restrictions, our staff / volunteers cannot physically support participants onto / off equipment).
- Ensure that you have relevant emergency contact details for your participant.
- Do not take photographs without prior consent from the Move More Staff Members.
- Ensure that your participants observe the ground rules above.

DISCLAIMER

Jersey Sport accepts no responsibility or liability for any loss, injury or damage to persons or property save where such loss, injury or damage is directly caused by the negligence of Jersey Sport. It is my responsibility to ensure I am fit and in good health to participate in the activity I choose to attend. Jersey Sport reserves the right to cancel any course if necessary. If Jersey Sport staff feel that there is a risk to your health, you may be advised to seek written consent from your health professional before continuing with a Move More Ability Session.

Many thanks and we hope you enjoy the session!