



MOVE MORE **REFERRAL**

TERMS & CONDITIONS

- The participant must be committed to making a long-term lifestyle change and be ready to start a 12-week programme of physical activity.
- The Move More Jersey Referral Instructor reserves the right to decline entry to the programme if, in their professional opinion they believe that the scheme would not be appropriate or safe for the participant to take part in.
- The Participant must provide and complete the Pre-course Health Questionnaire and commit to ensuring that all information regarding their physical and mental health is a true reflection of their current health. Relevant clinical information may be shared with the Move More Jersey Referral staff by your referring practitioner.
- By the end of the initial consultation the participant must ensure that they give a full list of their current medications.

- The participant must inform the Move More Jersey Instructors immediately if there is any change to their health condition whilst participating on the programme. Jersey Sport or its staff cannot be held responsible for any injury/ death which may occur as a result of omission or false information.
- The participant will be responsible for monitoring their own responses during exercise.
 - If any of the exercises cause discomfort or concern, it is the participants responsibility to inform the Move More Jersey Instructor who will discuss alternatives.
 - Participants must stop immediately and inform the Move More Jersey Instructors if they feel unwell, experience any chest pain, nausea, dizziness or feel faint whilst exercising
 - It is the participants responsibility to inform the Move More Jersey Team of any new or unusual symptoms, changes in medication and results of any investigations or treatment during the programme.
- The Move More Jersey Referral scheme will run for 12 consecutive weeks. Participants are expected to commit to 2 sessions per week for the whole period of 12 weeks. It is recommended that all participants undertake 2 different types of classes a week, but this will be discussed and agreed with the Move More Jersey Referral Instructor at the assessment.
- Appointments and reviews with the Move More Jersey Referral Instructors must be attended unless 24 hours' notice of cancellation is received. Please phone 01534 757700
- Jersey Sport and its staff cannot be held responsible for any injury which may take place as a result of the participant deviating from the programme put in place. The participant exercises at their own risk and must take full responsibility for their own actions based.
- Please be aware that the type and style of exercise equipment varies across all venues. If participants are unsure how to undertake an exercise or use a piece of equipment, they must ask the Move More Jersey Instructor for advice prior to commencing any exercise or attempting equipment use.
- Participants must wear appropriate, clean clothing and shoes. Move More Jersey Referral Instructors will not be responsible for accidents incurred through participants wearing incorrect clothing or footwear.
- Participants are expected to arrive in time for the start of classes. If a participant has any questions or concerns, please arrive a few minutes early to discuss these with the Move More Jersey Instructor. Any participants who arrive late to classes, may be asked to leave if they have not been able to participate in the full warm up as there is a high risk of causing an injury without a warmup.

- Move More Jersey Referral Instructors are unable to accept responsibility for participants personal belongings and/or medication. Please use lockers provided or leave valuables at home.
- It is the participants responsibility to bring any medication they may need during exercise classes with them to the programme. This must remain with them on their person. The Move More Jersey Instructors cannot look after medication or administer it for 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 classes 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 session.
- Participants must inform the instructor if they are leaving a walk early.
- If a participant is unwell, has a cold or flu, they should not exercise.
- If a participant is unable to attend their class, please cancel the session by contacting the Booking Officer on 757 700 immediately. **Classes missed will not be reimbursed unless for a valid medical reason.**

PARTICIPANT INFORMED COSENT

The Move More Referral programme and costs have been fully explained to me. I wish to participate in the Move More exercise programme understanding that this is based upon the information I have provided regarding my physical and mental health:

☐ Yes

☐ No

Participant Signature:

Print Name:

Date

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 Jersey Referral Programme.