



AGREEMENT AND INFORMED CONSENT 2023

This is an important legal document. It explains the risks you are assuming by beginning an exercise program. It is critical you read and understand it completely.

Face to face training

The aims of all Devon Pole Dance classes are to improve cardiovascular fitness, muscular strength and endurance, flexibility, self-confidence, grace and style. The session will begin with a warm up, followed by a series of conditioning exercises or a recap of moves you have previously learned. We will then learn a new set of moves and tricks, finishing with a cool down, incorporating stretches to improve flexibility. Some weeks will incorporate choreography – or a routine.

Please notify the instructor before the session if you have sustained any injuries, illnesses or medical conditions or if you feel there are parts of the session you are unable to take part in – participation is completely voluntary.

All information given to the instructor is completely private and confidential under data protection legislation. Please ask as many questions as possible during the session, especially if you do not completely understand any move that is demonstrated.

As with all exercise, Devon Pole Dance classes carry an element of risk and you may experience some bruising or burn and feel slightly achy for a few days afterwards. This session has been designed to minimise those risks and with continued practice your body will become conditioned to the movements involved. If during the session you feel excessive pain or discomfort, please notify the instructor immediately.

Students are required to notify Devon Pole Dance if they are teaching or assisting at any other local aerial fitness school.

All material taught in Devon Pole Dance classes is not to be taught in any form at any other location without prior approval of Devon Pole Dance.

Your details will be used solely for the purposes of Devon Pole Dance and will not be shared with any outside agency.

Online classes

I agree to take full responsibility for my actions during any Devon Pole Dance online class. Any injuries or incidents occurred during the classes are in no way the fault or the responsibility of Devon Pole Dance or the Instructor.

I understand that it is my responsibility to take account of any physical or mental impediments I have before I begin any Devon Pole Dance classes. I have notified the instructor of any medical conditions that may affect me during the class.

I accept that I am responsible for providing all of my own equipment including but not limited to the pole (which must be purchased from a professional manufacturer and installed as per the manufacturer guidelines), safety mat, clothing and footwear and the instructor will not accept any liability arising out of defective equipment. I acknowledge that the instructor is not present with me and cannot make an adequate assessment of the area where I am exercising and it is my responsibility to ensure the area is clear, safe and free from any hazards which may cause injury to me or to others.

TERMS AND CONDITIONS

Cancellation Policy

Should you need to cancel your class for whatever reason prior to its commencement:

- You can rebook a **class** up to 24 hours before the class start time. This can be done through the online booking system; simply log in and amend the booking. A class booking can be moved forward once, up to four weeks into the future.
- Classes that are cancelled inside of the notice period will be charged for. Any cancellations outside of the notice period will be refunded. For some classes/workshops the cancellation policy may differ, this will be indicated on the booking system at the time of booking – please check with your instructor if you are unsure.
- **All course, party and private lesson** sales are final, non-refundable and non-transferable.
- Devon Pole Dance reserves the right to cancel a course/class at any time. A refund or alternative class will be offered for any classes missed.
- Devon Pole Dance reserves the right to cancel your place on your class/workshop if payment is not received.

GOOD ETIQUETTE

Ensuring a positive class experience

- Arrive 5 minutes before the start of class.
- You are advised not to apply any moisturisers, oils or lotions on the day of your class. Doing so will be at your own risk.

- Remove outdoor shoes before entering the studio and place outdoor clothing and bags into the cloakroom located at the back of the studio.
- Please remove jewellery before class.
- Don't speak over your instructor. Pole lessons can be a social occasion, however not paying close attention to instructions can lead to misunderstandings.
- Please replace your basket and mat neatly at the end of class.
- Ask questions. You add to the experience of the whole class.
- Be kind to others and celebrate their successes.
- Introduce yourself to your pole buddy.
- Be welcoming to newcomers, always.

SOCIAL MEDIA POSTING

Please ensure anyone in the background of your video/photo is happy being filmed. Please tag Devon Pole Dance so that we can see your photos and videos!