

Active Nottingham Live streaming health Commitment statement

Ensuring you have a safe, effective home workout

You are primarily responsible for your health and wellbeing and Active Nottingham Flexible Fitness is dedicated to helping you take the opportunity to enjoy the classes that we offer. With this in mind we have set out what we can reasonably expect from each other below.

Your commitment to us:

- You are over the age of 16 and if you are under the age of 16 you will be accompanied by a responsible adult and have their consent to participate.
- You will not exercise beyond your own abilities. To the best of your knowledge and belief you are in good health. If you know or are concerned that you have a medical condition which might interfere with your ability to participate in a Live Streamed class, before you do so you will seek advice from a relevant medical professional and follow that advice
- Activity carries its own risks and you should not carry out any activities, which you have been told are not suitable for you.
- You must follow the coaching instructions to allow you to participate in the class safely.
- You will provide your own equipment if required e.g Mat, Towel , Water , Chair
- You will take all reasonable steps to ensure hazards such as family members not participating in the class, Pets and furniture are removed to ensure a safe space to exercise in.
- You will access the Live streamed classes via Zoom and your camera and microphone will be automatically off and muted, should you wish to turn you camera on during the workout, you must be capable of giving your consent to the photograph(s)/multi-media being used by Nottingham City Council and its partners in the manner and for the purpose of using these recordings for members to access in the future. Any other reproductions or adaptations of them either complete or in part, alone or in conjunction with any wording and / or drawing and acknowledges that no payment has been made to you in exchange for the information.
- The use of your multi-media / Photos may apply to some or all of the following: media, such as Nottingham Post as part of a press release; printed and electronic publications; campaigns which would be advertised on city dressing such as Council House banners and railing banners; exhibitions; our website* and/or 3rd Party websites such as Visit Notts; and social media including but not limited to Facebook, Twitter, Instagram, Flickr, Youtube or any other social media sites in connection with the topic for which the photo/multi-media was originally taken. *Please note the websites can be seen throughout the world, and not just in the United Kingdom, where the UK law applies

Our commitment to you:

- We ask you not to participate in an activity beyond your own capabilities.
- We will ensure that the Live Streamed classes are inclusive, motivating and lead by our team of qualified Group Fitness Instructors
- Wherever possible we will ensure that Live Streamed classes use a minimum amount of floor space and equipment
- We accept no liability in the event of failure to participate in an activity within your capabilities
- We will take all reasonable steps to ensure that our staff are qualified to the fitness industry standards as set out by the Register of Exercise Professionals.

- The multi-media / photographs will not be substantially edited, adapted or altered from their original intention or purpose, or used for anything which may be viewed as negative in tone or that may cause offence, embarrassment or distress.
- Photographs/multi-media will be kept for a maximum of three years from the date of this agreement then deleted.
- We will feedback any comments or concerns you may have to improve the MoveGB platform
- We would welcome your feedback if we send you surveys (I'm thinking NPS) to ask for thoughts on our programme and Instructors