

Lighthouse Tai Chi® Terms & Conditions



PLEASE KEEP THIS PAGE FOR FUTURE REFERENCE

www.lighthousetaichi.com

Safety information:

- 1. Please make sure there is enough space around you to move freely without bumping into others.**
 - 2. Avoid locking the joints, especially elbows and knees.**
 - 3. Keep the knees aligned with the centre of the foot to avoid strain**
 - 4. Make sure that you can see and hear the instructor at all times.**
 - 5. Do not do any move that hurts or will affect any condition you have.**
 - 6. Work to 70-80% of your natural, comfortable range of movement until you have more experience.**
 - 7. If you feel unwell, please stop participating and tell the instructor.**
 - 8. If you arrive more than 10 minutes late, you will not be allowed to participate.**
- *If you have **heart failure**, you must provide a recent doctor's letter confirming your fitness to take part.*
 - *You must be physically and mentally able to take responsibility for yourself or attend with a suitable carer by prior consent with the instructors.*
 - **Hearing & Visual Impairment: It is your responsibility** to ensure you can hear and see clearly to follow our instructions. Please position yourself in the class to facilitate your learning.

Answer Yes or No to the Following Questions

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

If You Answered Yes

If you answered yes to one or more questions, are older than age 40 and have been inactive or are concerned about your health, consult a physician before taking a fitness test or substantially increasing your physical activity. You should ask for a medical clearance along with information about specific exercise limitations you may have.

Get Your Doctor's Clearance: If you have any injuries, illnesses or conditions, or are on any medications, talk to your doctor to make sure it's okay to exercise. Some medications may affect your heart rate, and it's important to know how that may relate to your participation.

Covid-19 Declaration & Waiver

To participate in classes with Lighthouse Tai Chi we require a signed and dated declaration and waiver in regard to Covid 19 / Corona Virus.

What to wear

- **Shoes:** thin soled sports shoes without strong grip on the bottom; such as standard pumps or plimsolls that are clean and comfortable. Boots, outdoor shoes and shoes with heels are not allowed. Trainers and running shoes will affect your balance, foot sensitivity and create pull on the joints. **We accept no liability for any injury caused by inappropriate footwear.**
- **Clothing:** Clothes should be clean and comfortable, that allow you to move freely without tangling your limbs or body. Due to the nature of the movements and the instructors needing to see your posture clearly, skirts and dresses are not appropriate. Trousers, leggings or shorts with a t-shirt or sweatshirt are recommended. **We accept no liability for any injury or damage caused by inappropriate clothing.**
- **Jewellery:** Dangly necklaces, bracelets and earrings may catch in your clothes or interfere with your movement. We accept no liability for damage or loss to personal items.
- *Please avoid the use of strong fragrances and be aware of your personal hygiene.*
- **Behaviour:** students are responsible for their own behaviour. Disrupting the session or preventing others from learning or enjoying the session is anti-social behaviour and the student will be asked to leave. Students are expected to learn tai chi with people of all ages, backgrounds, abilities, and cultures.
- **It is never acceptable to make another student or the instructors feel uncomfortable or unwelcome. This will result in a ban from the classes, seminars and events.**
- Bans are also enforced if a student is intoxicated or under the influence of drugs, commits an illegal act whilst attending a class, behaves in an abusive, violent or threatening manner towards the tutor, other staff or any other student **at any time**; disrupts the classes or causes any injury to others or damage to the premises or equipment

Data Protection: All information is stored in line with current GDPR & UK Data Protection. Please see our website for full details. No information is shared without consent. Lighthouse Tai Chi accepts no liability for the consequences of illegal access to our files.

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Please see our website for further information.