

QFit: Group Fitness Policy

1. Purpose

Our group fitness policy is designed to provide safe, enjoyable, and inclusive classes for all residents. This policy outlines expectations for participation to ensure sessions run smoothly and the environment remains respectful and supportive.

2. Booking & Attendance

- All residents must book into group fitness classes prior to attending.
- Please arrive 5 - 10 minutes early to allow time for check-in, setup and a safe warm-up.
- Residents who arrive more than 5 minutes late may not be permitted to join the class, as missing the warm-up increases injury risk and disrupts the session.
- If you can no longer attend, please cancel your booking so another resident can take your place.
- **No-Show Policy:** *If you book and then don't attend two classes or certain events consecutively, your ability to book classes at the Club will be automatically restricted for two weeks. This will not affect your normal access to the Club's main facilities such as the Gym or Pool. This rule is to allow classes and events at the club to be available to as many people as possible, and to reduce the number of bookings that do not attend the class when the date arrives.*

3. Attire & Hygiene

- Appropriate athletic attire must be worn at all times, including:
 - Enclosed sports shoes
 - Comfortable, non-restrictive clothing suitable for movement
- For hygiene and comfort:
 - Please use deodorant before class
 - Bring a towel for equipment and personal use
 - Wipe down any mats or equipment after use
- Bare feet are only permitted in classes where it is specifically appropriate (e.g., yoga, Pilates, martial arts).

4. Behaviour & Etiquette

- Be respectful of coaches and fellow participants at all times.
- Follow all instructions provided by the coach to ensure safety.

- Mobile phones should be silenced and kept off the training floor unless required for medical reasons.
- Bags and personal items must be stored in lockers or cubbies, not on the multipurpose room floor.
- Equipment must be returned to its designated place at the end of class.

5. Safety Requirements

- Participants who are pregnant, returning from injury, managing a medical condition, or have concerns about their ability to safely participate in physical activity should seek appropriate medical advice before participating and should advise the coach or trainer of any limitations.
- Participation is at your own risk; always work within your personal limits.
- The coach may modify or restrict participation if they believe a movement or activity is unsafe for you or the group.

6. Children & Guests

- Group fitness classes are for residents only, unless otherwise stated.
- Children under 16 are not permitted in the multipurpose room during scheduled classes to ensure safety and to maintain a respectful, distraction-free environment for all participating members.

7. Coach Authority

- Coaches have the authority to:
 - Refuse participation if a resident is unwell, unsafe, or not appropriately dressed
 - Remove a participant whose behaviour disrupts the class
 - Adjust class structure to maintain safety and flow

8. Compliance

By booking into a class, residents agree to follow this policy. Failure to comply may result in temporary suspension from group fitness sessions.

9. Participation Waiver & Acknowledgement

By attending any group fitness class at **Club Alamora**, residents acknowledge and agree to the following:

- I understand that participation in group fitness classes involves physical activity that carries inherent risks, including but not limited to muscle strain, injury, or medical events.

- I confirm that I am physically able to participate and will exercise within my personal limits.
- I agree to follow all instructions provided by the coach to support my safety and the safety of others.
- I accept full responsibility for monitoring my own physical condition during the class and will stop immediately if I feel unwell, dizzy, or in pain.
- I understand that Club Alamora, its staff, and contracted coaches, are not liable for any injury, loss, or damage arising from my participation, except where required by law.
- I participate in all classes at my own risk.

Resident Declaration

I have read, understood, and agree to comply with the Group Fitness Policy and Participation Waiver.

Resident Name: _____ **Signature:**

_____ **Date:**
