*The Bump Room Bond*

***Core values***

* *The Bump Room classes are a safe place for mums-to-be to exercise with instructors who are compassionate, professional and connected.*
* *We aim to reassure, encourage and motivate mums-to-be to stay fit, strong and confident to exercise during pregnancy. The classes are reasonably challenging to empower pregnant women about the positive health benefits of exercise in pregnancy.*
* *The Bump Room Physiotherapists are committed to learning, sharing, teaching and supporting each other for the development and growth of our classes. We strive to learn from each other to create classes that deliver an excellent experience for our pregnant ladies.*

***For Your Safety***

1. *During the Covid 19 pandemic our classes will be run in accordance with the government guidelines. Details around social distancing measures, equipment plan, procedures for access/exit, cleaning, Covid screening and payment methods are individualised according to the venue. These details are included in your post booking email.*
2. *Each attendee agrees to comply with the following infection control measures for Covid 19;*

*I will not attend the classes if experiencing any of the following:*

* *New cough/ Temperature/ Shortness of Breath/ Loss of taste/ Loss of smell*
* *Awaiting Covid 19 test or results*
* *Been in contact with anyone in the last 14 days who has tested positive*
* *Have been told to self- isolate*
* *Travelled abroad in the last two weeks or live with someone who has travelled abroad in the last two weeks*

*We acknowledge that the measures may change in which case the instructor will also screen weekly.*

1. *Each attendee must complete and sign The Bump Room health screening form prior to commencement of classes. You are required to be at your first class 10 minutes before the class starts. During this time your physiotherapist instructor will read through your health screening form and ask you more questions. Please understand that during this time the physiotherapist may assess that the classes are not suitable for you. If this is the case your deposit will be refunded.* ***This is very rare and for the majority of pregnant women exercise in pregnancy is safe and recommended****.*
2. *Sometimes the instructor may seek further clarification from your GP/Gynae in relation to your medical history and suitability for the classes. In these cases, we supply a letter with more details for the GP/Gynae on what the classes entail so they are aware of the content in the classes.*
3. ***Please ensure that you are past the first trimester before starting the classes****.*
4. *Keep us informed! We need to know of any changes that occur during pregnancy so we can give you the optimum level of care during your pregnancy and beyond. These changes may range from sore joints and muscles to spotting or bleeding. Sometimes you will need to take a break from the classes or go to your GP/Gynae. In many cases we will advise and modify your exercises.*
5. *Each attendee will listen to their bodies. If any attendee feels for any reason they cannot do an exercise or activity in the class, please cease the exercise and inform the physiotherapist instructor who will modify the exercise.*
6. *Some exercises may not be comfortable for you to do or may aggravate a pre-existing or new condition. If this is the case cease the exercise and inform the physiotherapist instructor. They will give you an alternate exercise to perform to ensure you can continue with the classes and gain all the benefits.*
7. *Sometimes during the course of your pregnancy you may have to undergo some medical procedures e.g. amniocentesis that require you to take a break from the classes. In this case we may request written permission to return to the classes from your GP/Gynae.*
8. *You may ask any questions you wish before, during or after a class.*
9. *It is expected that all participants arrive on time and stay for the duration of the class.*
10. *The Bump Room cannot be held responsible for any lost, damaged or stolen property during any bump room class*

***Refunds and Cancellations***

1. ***During the Covid 19 pandemic the possibility exists that classes may need to be cancelled or an individual may not be able to attend. We acknowledge there are a variety of reasons why this may occur. In the interest of safety we want to ensure that no one attends or instructs a class if they have any concerns. Therefore in the event that a class or classes are cancelled, or an individual is unable to attend due to Covid 19 reasons, the attendee will be given full membership access to our online programme, details of which are*** [***here***](https://yourbumproom.ie/)***. This will be in place of refunds. If the instructor cancels the attendees will be contacted and access to online membership supplied. If an attendee cancels she should contact the instructor to gain access to online membership.***
2. *Due to Covid 19 our class numbers are more restricted, therefore we need to ensure that all spaces are confirmed. You will be contacted prior to the classes to confirm your attendance. Some classes may require full payment prior to classes commencing to confirm place.*
3. *If you have paid a booking deposit and need to then cancel classes before commencing this can be done online through the original online booking. If this is done within 14 days of the classes starting your deposit will be fully refunded, if less than 14 days the booking is not refunded.*
4. *If you miss a class after payment on registration, for work, holidays, family engagements, sickness etc. we will not give refunds or carry forward classes.*
5. *In the case of illness requiring hospital admission due to unforeseen pregnancy complications, refunds are given if we are contacted and circumstances explained.*
6. *Pregnancy can be uncomfortable and 60-80% of women can develop back pain and pregnancy related pelvic girdle pain. When severe it can even make walking difficult. We will modify the exercises as much as possible however occasionally the physiotherapist may advise to stop. Classes are not refunded in this instance.*
7. *We do not operate a pay as you go system, however towards the end of pregnancy there is flexibility.*
8. *It is the responsibility of each attendee to give a mobile phone number or email address on booking a class, where they can be reached to inform of any unforeseen cancelled classes.*

***Disclaimer***

1. *I agree to inform The Bump Room instructor of any change in my pregnancy or health, or any condition that would affect my ability to engage in physical activity.*
2. *I agree to sign into each class and complete the Covid screening procedure as per venue.*
3. *I understand that it is my responsibility to inform my doctor that I am participating in The Bump Room classes.*
4. *The Bump Room will not be held responsible in any way for circumstances/injuries that occur during pregnancy.*
5. *I consent to the bump room contacting at their discretion my emergency contact should the need arise.*
6. *The Bump Room reserves the right to vary terms and conditions/venues/class format. Notice of changes may be made to you via email or personally delivering notice to you.*
7. *We understand that your privacy is of utmost importance and all information is treated with confidentiality and sensitivity. The Bump Room will not provide any personal details to any third party. You will only receive information from the bump room if you have registered for our classes.*
8. *I have read the above statements and agree to accept all terms & conditions. I release The Bump Room from all claims.*