

# *The Bump Room Bond*

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*The Bump Room classes are a safe place for mums-to-be to exercise with instructors who are compassionate, professional and connected.*

## *For Your Safety*

- Each attendee must complete The Bump Room health screening form online 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 as required. Please understand the physiotherapist may assess that the classes are not suitable for you based on your health screening form and the instructor will contact you prior to attending the classes. If this is the case your payment will be refunded. **This is very rare and for the majority of pregnant women exercise in pregnancy is safe and recommended.**
- Sometimes the instructor may seek further clarification from your GP/Obstetrician in relation to your medical history and suitability for the classes. In these cases, we supply a letter with more details for the GP/Obstetrician on what the classes entail so they are aware of the content in the classes.
- Keep us informed! We need to know of any changes that occur during pregnancy so we can provide you with 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/Obstetrician. In many cases we will advise and modify your exercises.
- Each attendee will listen to their body. If any attendee feels for any reason, they cannot do an exercise or activity in the class, they should cease the exercise and inform the physiotherapist instructor who will modify the exercise.
- Some exercises may not be comfortable for you to do or may aggravate a pre-existing or new condition. If this is the case you should cease the exercise and inform the physiotherapist instructor. They will provide you with an alternate exercise to perform to ensure you can continue with the classes and gain all the benefits.
- 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/Obstetrician.
- You may ask any questions you wish before, during or after a class.
- It is expected that all participants arrive on time and stay for the duration of the class.
- The Bump Room cannot be held responsible for any lost, damaged or stolen property during any Bump Room classes.

## Refunds and Cancellations

- *Due to Covid 19 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 provided with access to an online class from our video library. This will be in place of a refund.*
- *If you have paid and need to cancel classes before commencement this can be done online through the original online booking. If this is done within 7 days of the classes starting you will be fully refunded; if less than 7 days the booking is non-refundable.*
- *If you miss a class after payment for work, holidays, family engagements, sickness etc. we will not provide refunds or carry forward classes.*
- *In the case of illness requiring hospital admission due to unforeseen pregnancy complications, refunds are provided if we are contacted and circumstances explained.*
- *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 or transfer to our Finding Relief classes. Classes are not refunded in this instance, we apply the credit to the Finding Relief classes if transferring.*
- *We do not operate a pay as you go system, however towards the end of pregnancy there is flexibility.*
- *It is the responsibility of each attendee to provide a mobile phone number or email address on booking a class, where they can be reached to inform of any unforeseen cancelled classes.*

## Disclaimer

- *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.*
- *I understand that it is my responsibility to inform my doctor that I am participating in The Bump Room classes.*
- *The Bump Room will not be held responsible in any way for circumstances/injuries that occur during pregnancy.*
- *I consent to the Bump Room contacting at their discretion my emergency contact should the need arise.*
- *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.*
- *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.*

- *I have read the above statements and agree to accept all terms & conditions. I release The Bump Room from all claims.*