

KIRSTY MAURITZ – FOREST BATHING+

Participant Terms & Conditions

Refund Policy

Please note that refunds are issued no later than 7 days prior to the start of the event. If you cancel more than 7 days before the event then you will be refunded in full, less the Eventbrite booking fee.

No refunds will be issued in case of non-attendance.

If we have to cancel the event for any reason you will be offered an alternative date or, if a suitable date cannot be arranged, a full refund.

Weather

Forest Bathing+ sessions are run in all conditions with the exception of high winds, lightning, or other extreme weather (where it would not be possible to keep participants comfortable and/or safe). There are additional benefits of doing a session in wet weather (all will be revealed by your guide) and often the tree canopy protects participants from inclement weather. If a session does need to be cancelled, as much advance notice as possible will be given and the option given to rebook the session on an alternative day.

Clothing and Equipment

Please note: you may get cold even in summer! Please wear long trousers and tops with sleeves and walking shoes or similar with good grip and ankle support ideally waterproof. Your body temperature can significantly reduce as we move slowly in the forest and stop regularly so bring extra layers of clothing and a coat. Please also bring water and sun protection if required, and any food or medications you might need. There will be a guided relaxation so also bring a waterproof rug or a small foldable chair if being on the ground will not be suitable for you. The guide reserves the right to refuse participation in the session if you are not wearing appropriate clothing. This is for your own safety.

Possible Risks

Forest Bathing+ involves breathing deeply, walking slowly through a wooded area, standing and sitting/lying. Potential physical risks of doing Forest Bathing+ are

associated with the walking and breathing exercises, and certain natural hazards (e.g. roots, branches). Forest bathing can be an emotional activity: you may find that certain emotions surface during the exercises (for example, relating to your understanding of yourself or your relationship with the environment). This is a normal reaction and happens when our bodies relax and release tension.

Medical conditions/medications/pregnancy

If you are in the first trimester of pregnancy, it is advised that you wait to join a Forest Bathing+ event. If you would like to attend during this time, please provide written confirmation from your medical team that they are happy for you to take part. If you have any medical conditions or health-related concerns, or are on a prescribed medication, please see your GP and discuss attending with them. If you currently experience or have a history of serious health issues (including mental health issues, operations, medical procedures, seizures, implants, special needs, severe allergies etc), please let us know so that we can look after you properly.

COVID-19

There are currently no government restrictions in England relating to COVID-19. However, as it remains a feature of our lives, we are currently maintaining relevant precautions to manage the risk to ourselves and others. We therefore ask that you do not attend an event if you are feeling unwell, or have COVID-19 symptoms, unless you have a clear PCR test. If you cannot attend due to COVID-19 please speak to your guide about moving your booking to an alternative date.

Minors

Forest Bathing+ events are for adults 18+.

Consent to Photography/Filming

By ticking the box on the participant registration form consenting to photography/filming you are deemed to have understood and agreed to the following:

- The Forest Bathing Institute ('TFBI') may use photographs and/or video recordings of you taken by TFBI or by persons or organisations authorised on behalf of TFBI for the purposes of promotional activity, teaching, or research. These images could be used in any media (existing or later created or made available) including print and digital media formats such as print publications, brochures, websites, emarketing, posters, banners, advertising, film, and social media.

- If used on websites, images can be viewed throughout the world and not just in the United Kingdom. Some overseas countries may not provide the same level of protection to the rights of individuals as EU/UK legislation provides.
- Some images or recordings may be kept permanently once they are published.
- You will not be paid a fee in respect of any use made of the photograph(s) and/or video recording(s).
- Copyright in the image(s) and/or video recordings will be retained by TFBI.
- TFBI has the right to edit, modify, crop, add to or subtract from the photographs and/or video recordings at its entire discretion and without your approval.
- You can ask TFBI to stop using your images at any time, in which case these will not be used in future publications but may continue to appear in publications already in circulation.

Data Protection

Kirsty Mauritz and TFBI are committed to processing information in accordance with the General Data Protection Regulation (GDPR). The personal data collected from you (e.g. as provided on your registration form) will be held securely and will be used only:

- To communicate about and run any forest bathing sessions you attend;
- For administrative purposes (e.g. if you have consented to photography and filming); and
- If you have consented to this, to send you Kirsty Mauritz's newsletters.

You have the right to request to see a copy of the information held about you and to request corrections or deletions of the information that is no longer required. You have the right to lodge a complaint regarding data protection issues with the Information Commissioner's Office (<https://ico.org.uk/concerns/>).