

GENERAL STUDIO POLICIES

In order to participate in classes all students must:

1. complete a PAR-Q form
2. provide emergency contact details
3. agree to the waiver & studio policies including lateness policy and refund/cancellation policies

If you are pregnant, postnatal or have any pre-existing health condition please ensure this is disclosed on the PAR-Q form and that you obtain advice & approval from a medical professional before taking part in any classes. If the student/customer develops a new health concern/injury then they must inform the instructor and complete an updated PAR-Q form where appropriate.

To attend adult classes with Zara Wharton all students must be over 16 years of age, except for heels classes where students must be over 18 years of age. We ask that an adult accompanies anyone under 18. For adult classes taught by other instructors all students must be over 18 years of age unless they have the relevant training and DBS checks. Please read the class description for any children's/teen's classes for age limits and restrictions. We also require the completion of a parental consent form for all students under 18. For children's classes and bookings please email the studio before purchasing class passes/packages.

All students must pay full attention to demonstrations and instructions for their own safety and the safety of others. Safety mats are to be used when learning new moves up the pole and/or moves that the student is not yet confident performing or when at height up the pole for their own safety. Students must not attempt to spot other students as they are not insured or trained to do so, this is for the safety of both students involved.

Instructors will offer to spot students into new/more challenging moves, if students refuse a spot and the instructor does not deem it safe for a student to attempt the move without a spot then the student will be asked not to perform the move.

Poles are shared on a 2 per pole basis.

Please be mindful when taking pictures or videos that others may be in the background and check that they are happy with this before posting to social media etc.

Parents/guardians/adults must only take photos of their own children. Please ensure all language and conversations are age appropriate.

Students must not record instructors without permission. Any recordings are for personal use and should not be shared for financial gain or used to teach/train other students.

Appropriate clothing is to be worn and no jewellery or watches are to be worn for student safety and to prevent damage to the poles.

All belongings must be collected and taken away when leaving the studio as Elevate Pole Fitness Studio is unable to store these. Elevate Pole Fitness Studio does not accept any responsibility for lost or damaged items. Any/all rubbish produced by the student must be taken away with the student upon exiting the studio.

Abuse towards other students or the instructor will not be tolerated, abusive students will be asked to leave the class and will not be entitled to a refund. If any customers have consumed or are suspected to have consumed alcohol or any substance that may impair their abilities to take part in class safely they will be asked to leave and no refund will be given.