**High 5 terms and Conditions**

Contracting party: 'High 5' is provided by Highgate Harriers. High 5 is a brand of Highgate Harriers, an athletics club, that's a registered charity (1190625), a CIO (1190625). The club is affiliated to England Athletics.

High 5 bookings are subject to the following policies:

Booking: High 5 is sold by the term, not as individual sessions. We may, subject to availability, offer a free trial session. As with all club activities payment is by direct debit, however it is not a subscription product, and you must reregister for each term.

Location: High 5 sessions will normally take place at the Parliament Hill athletics track, and this will always be the meeting point. Changing and toilet facilities are available at the track but note that these are available to all track users. Whilst the club has an agreement to undertake group sessions, we do not have exclusive use of the facility. Therefore, members of the public and other groups may be present. However, if on occasion the track is booked, or our coaches determine it better suited to the activity, classes may take place nearby, but outside the track.

Parents waiting: If you do not regard your child as able to get home by themselves, we strongly recommend that you take your child to the track and remain at the track for the duration of the session, in case your child becomes unable to complete the session. Parents are encouraged to wait at the terraced area in front of the changing rooms. Please note our responsibility to your child is limited to the duration of the session.

Dress Code: It's the responsibility of the parent to ensure that their child is dressed appropriately. Because the body temperature will increase during exercise we recommend layered clothing, so that less can be worn as the body warms. In most weather shorts, long or shirt sleeved t-shirt, and a light jacket will be the most appropriate items. For shoes, a sports training shoe is essential. A spiked shoe is optional, in which case the spikes must not exceed 6mm. A fashion, or other shoe type, if far more likely to result in injury and / or poor performance. Please note that we cannot accept responsibility for checking that children are wearing appropriate footwear or clothing.

Hydration: To remain hydrated, a water bottle is also essential, even in cold weather. All There is a water bottle filler at the track, but it is the responsibility of the parent to ensure that the bottle contains water before the session begins. We cannot take responsibility for the hydration of your child.

Late arrival policy: All our sessions will begin with a warmup to prepare the body for more vigorous activity. If your child is late, they may join the group, but please note that missing all or part of the warmup will increase the risk of injury.

Safeguarding and safety: Our sessions are headed by England Athletics qualified coaches, who are trained in best practice. As part of this training, they will also have undergone a DBS check. However, as an active sport, accidents and injuries may occur, and Highgate Harriers cannot accept responsibility for such an event.

Adverse weather: we will always aim to continue with class sessions, irrespective of the weather, adapting the sessions as appropriate. We are highly unlikely to cancel a session due to heat, rain, cold or snow. For example, in heat we may, to reduce the risk of heat stroke, move the session to a wooded area. In the case of ice or snow we may, to reduce the risk of slipping, move the session

to grass near the track. Consequently, in adverse weather, it is the decision of the parent to decide if it's appropriate for their child to participate. Should a session be cancelled, we will send an email as soon as the decision has been made.

Behaviour policy: All participants of High 5 are expected to behave well, and this is a condition of participation. The standard of behaviour that we expect is specified in our athlete code of conduct, available at https://www.highgateharriers.org.uk/highgate-harriers-athlete-code-conduct. In the event of poor behaviour our coaches will offer a warning. If following a warning behaviour remains below the specified standard we may (at our discretion) ask that a child does not attend our sessions. In this circumstance the place will have been forfeited, and no refund will be given.

Session cancellation: Should a session be cancelled by the Club, no refund will be made. Your child may make this up by joining a session on an alternative day. However, if more than two sessions are cancelled in one term, we will automatically part-refund your fee, on a pro-rated basis that we will determine.

Refund Policy: If High 5 is not right for your child, we will offer a refund in line with our standard policy. This is fee paid less £20, divided by the number of remaining sessions, then rounding down to the nearest £. Additionally, no refund will be made when there are only three or less sessions remaining in the term.

