

A thick dark green vertical bar runs down the left side of the page. A light green arrow points to the right from this bar, containing the text '2024/2025'.

2024/2025

# Leaf Tai Chi

Terms and Conditions

Several thin, curved lines in dark green and light grey originate from the bottom left corner, extending upwards and to the right, resembling stylized grass or reeds.

Daniele Toma

LEAF TAI CHI TRADITIONAL YANG STYLE TAI CHI CHUAN AND QI GONG

# LEAF TAI CHI

## TERMS AND CONDITIONS

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## 1. ADMISSION POLICY

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### PURPOSE

This policy outlines the process for joining Leaf Tai Chi Club, ensuring fair access and a safe environment for all participants.

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### ELIGIBILITY

Minimum age for participants is 16. Younger participants may be admitted with parental consent and an accompanying adult.

Applicants must complete a medical and health questionnaire during the application process to disclose any medical conditions or injuries.

Participants with pre-existing medical conditions or disabilities will be considered individually to determine if adjustments can be made to ensure their safety.

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### REGISTRATION PROCESS

All participants must fill out a registration form providing personal details, emergency contact information, and any relevant medical history.

A taster session is available for prospective members to try the class before committing to full membership.

New members are required to sign a waiver acknowledging the physical nature of Tai Chi and the potential risks involved.

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### FEES

Admission fees must be paid in advance, as agreed with the instructor.

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### EXCLUSIONS

The club reserves the right to refuse admission to individuals whose behaviour poses a risk to others or who fail to meet the health and safety criteria outlined in the club's policies.

## 2. RULES AND PROCEDURES

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### ETIQUETTE

All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs, or sexual identity.

Be clean – keep your fingernails and toenails short if you train in bare feet.

Do not talk during your class until invited to do so by your instructor. The phone must be silent: check if you have alarms that may go off during the class and put the ringtone on mute.

Always be courteous and polite to other members of the club and respectful to those who are a more senior grade than you.

Never argue with, be disrespectful towards an Instructor or Assistant Instructor

No smoking, shouting, bad language or ill mannered behaviour to be used in or around the club.  
Always train safely.

No student is to instruct other students unless expressly asked to do so by an Instructor.

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### PARTICIPANTS BEHAVIOUR BEFORE A SESSION

Always arrive early for your session, leave the shoes outside the training area and wear approved footwear and clothes for the session.

Watches and jewellery must be removed in the interest of safety, if this is not possible then please cover with a plaster or tape.

Members must pay any fees for training or events promptly.

Use the toilet before the start of the class.

Make sure you have a drink of water with you.

If you are injured before the class begins, tell the coach.

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### PARTICIPANTS BEHAVIOUR DURING A SESSION

All members must play within the rules and respect officials and their decisions.

Never attempt any technique until you have been asked to by an instructor.

No chewing gum is allowed within the club. Never eat or chew anything during the lesson as this could be a choking hazard.

Do not use any of the equipment without the approval of the senior coach present.

Do not leave the training area until a coach has given you permission.

Children must behave in the correct manner at all times (be polite, listen, don't talk and don't mess around)

Respect your partner and work well with them.

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### PARTICIPANTS BEHAVIOUR AFTER A SESSION

At the end of the session members should leave the training area quietly and carefully.

Ask any questions to the club secretary, membership officer or coach.

Juniors should not leave the training hall until their parent/carer is there to collect them.

### 3. NATURE OF ACTIVITIES

I understand that this class involves physical activity, including direct physical contact with other participants. I acknowledge that such activities may involve dynamic movements and light physical resistance training with others.

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#### ASSUMPTION OF RISK

I recognize that my participation in this workshop may involve potential risks, including but not limited to strains, joint or muscle discomfort, and other possible injuries. I accept full responsibility for any risk of injury or harm that may arise from my participation.

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#### RESPONSIBILITY FOR HEALTH

I confirm that I am physically capable and have no medical conditions that would prevent my safe participation. I agree to monitor my own comfort level and health during the workshop, notifying the instructor if I need to stop participating for any reason.

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#### RELEASE OF LIABILITY

By selecting "I Agree," I release Leaf Tai Chi, its organizers, instructors, and facility providers from any claims, demands, or causes of action related to injuries or losses arising from my participation.

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#### INSURANCE

I understand that Leaf Tai Chi does not provide medical insurance for participants. I am responsible for any medical expenses related to injuries that may occur.

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#### CONSENT TO PHYSICAL CONTACT

I understand that close physical interaction with instructors and other participants is required. I consent to this physical contact as part of the practice, agreeing to respect others' boundaries and practice with mindfulness and care.

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#### CODE OF CONDUCT

I agree to conduct myself respectfully, with patience and self-control, and to follow all instructor guidelines to maintain a safe and supportive environment for all participants.

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#### PHOTOGRAPHY AND MEDIA RELEASE

I understand that Leaf Tai Chi may take photographs or videos during the workshop for educational or promotional purposes. By participating, I consent to this use, without compensation.

## 4. PRIVACY POLICY

At Leaf Tai Chi, we are committed to protecting your privacy and ensuring the security of your personal information. This Privacy Policy explains how we collect, use, store, and disclose your data when you interact with us, including when you visit our website, sign up for classes, or participate in our programs.

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### 1. INFORMATION WE COLLECT

We may collect the following types of personal information:

**Personal Identifiable Information:** Name, address, phone number, email address, date of birth, and emergency contact details.

**Payment Information:** Billing address and payment details (processed securely through third-party payment processors).

**Health Information:** Any relevant medical or health details voluntarily provided to ensure your safety during classes.

**Usage Data:** Information about how you use our website, such as IP address, browser type, and access times, collected via cookies or similar technologies.

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### 2. HOW WE USE YOUR INFORMATION

We use the information we collect for the following purposes:

To register you for classes and manage your membership.

To communicate updates about classes, events, or schedule changes.

To process payments and issue receipts.

To ensure your safety and accommodate any health needs during classes.

To improve our services and user experience on our website.

To comply with legal obligations or resolve disputes.

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### 3. SHARING OF INFORMATION

We do not sell, rent, or share your personal information with third parties for marketing purposes. However, we may share your information in the following circumstances:

**Service Providers:** With trusted third-party providers (e.g., payment processors or email communication platforms) to facilitate our services.

**Legal Compliance:** When required by law, regulation, or legal process.

**Emergency Situations:** To protect your health and safety or that of others in an emergency.

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### 4. DATA SECURITY

We implement appropriate technical and organizational measures to safeguard your personal data against unauthorized access, loss, misuse, or alteration. However, no method of transmission or storage is completely secure, and we cannot guarantee absolute security.

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### 5. YOUR RIGHTS

Depending on your location, you may have the following rights regarding your personal data:

**Access:** Request a copy of the personal data we hold about you.

**Correction:** Request correction of inaccurate or incomplete data.

**Deletion:** Request deletion of your data, subject to legal obligations.

**Objection:** Object to processing your data for certain purposes.

**Data Portability:** Request a transfer of your data to another organization.

To exercise these rights, please contact us at [leaf Tai Chi@pm.me](mailto:leaf Tai Chi@pm.me)

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## 6. RETENTION OF INFORMATION

We retain your personal information only for as long as necessary to fulfill the purposes outlined in this Privacy Policy or as required by law. Payment information is not stored beyond the processing period, and health information is retained only during your active participation.

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## 7. COOKIES AND WEBSITE USAGE

Our website uses cookies to enhance user experience and collect usage data. You can adjust your browser settings to decline cookies, but this may affect functionality.

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## 8. CHANGES TO THIS PRIVACY POLICY

We may update this Privacy Policy periodically to reflect changes in our practices or legal requirements. Updates will be posted on our website, and we encourage you to review it regularly.

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## 9. CONTACT US

If you have any questions, concerns, or requests regarding this Privacy Policy or our handling of your data, please contact us:

**Email:** [leaf Tai Chi@pm.me](mailto:leaf Tai Chi@pm.me)

**Phone:** 07835263571

Thank you for trusting Leaf Tai Chi with your personal information. We value your privacy and are committed to protecting it.