TERMS AND CONDITIONS & DISCLAIMER

School: Kam Lau School of Tai Chi Chuan
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Welcome to the Kam Lau School of Tai Chi Chuan. By registering for our classes, purchasing a taster block, viewing our online videos, or completing our health screening forms, you agree to comply with and be bound by the following terms, conditions, and disclaimers. Please read them carefully.

1. ENROLMENT, PAYMENT & MEMBERSHIP FEES

- **No Pay-As-You-Go:** To maintain a consistent training environment and manage our strict hall capacity limits, we do not offer single-session or pay-as-you-go options.
- **Upfront Block Booking:** New students must book and pay for the 4-session taster block in full prior to or at the first session. Payment can be made in full via online bank transfer in advance or via exact cash at the first session.
- **Termly Commitments:** Following the completion of the 4-session taster block, students wishing to continue must commit to and pay for the remainder of the current quarterly term in full.
    - **Post-Taster Termly Invitation:** Upon the successful completion of your 4-session taster block, you will receive an official invitation letter to join the class permanently for the remainder of the quarterly term.
    - **Long-Term Class Policies:** This invitation will include full details regarding your remaining termly fees, our standard annual membership, and our school's Class Absence Policy guidelines.
- **Annual Membership & Insurance Fee:** To remain registered with the school and be fully covered by our student public liability insurance, an annual membership fee applies to all long-term students.
    - *Pro-Rata Structure:* This fee is calculated on a pro-rata basis depending on which quarter of the year you join the class. You will only pay for the remaining portion of the membership year.
    - *Strictly Non-Refundable:* The annual membership fee is completely non-refundable under any circumstances. Should you choose to stop attending classes at any point during that particular year, no partial or full refund of the membership fee will be issued.

- **Tutor Substitution:** Course tutors may be substituted at any time due to holidays, illness, and other professional commitments.

- **Strict Teaching Restriction:** Students are not permitted under any conditions to teach Tai Chi unless they have been formally accredited by the Kam Lau School of Tai Chi Chuan. Any student who fails to comply with this rule will be asked to leave our school and will have their membership terminated with immediate effect.

2. HEALTH, SAFETY & MOBILITY REQUIREMENTS

- **Mandatory Screening:** All participants must complete and return a Physical Activity Readiness Questionnaire (PAR-Q) before stepping onto the practice floor. You agree to provide fully accurate medical information.

- **Baseline Physical Demands:** Our Tai Chi forms require continuous, unsupported standing and active stepping for the majority of the class duration. Participants must possess the baseline mobility to stand unaided for at least 10 minutes and move safely across the floor without the use of physical mobility aids (including walking sticks, frames, or wheeled rollators).

- **Right to De-register:** For your own physical safety and our public liability insurance compliance, the instructor reserves the right to cancel your registration and issue a refund for remaining sessions if your physical mobility on the training floor is observed to drop below these mandatory baseline safety standards.

- **Medical Conditions & Changes:** Students with managed underlying conditions (such as epilepsy, heart conditions, or diabetes) must self-certify that they have received medical clearance from their GP. You agree to notify the instructor immediately of any changes to your health or physical fitness status during the term.

3. VENUE, CLOTHING & FOOTWEAR RULES

- **Strict No-Spectators Policy (No Sitting and Watching):** Due to strict insurance restrictions and to protect the privacy, focus, and concentration of our practicing students, **spectators or onlookers are strictly prohibited from sitting and watching inside the hall.** The only way to occupy the hall space is to be a fully paid, participating student. Anyone wishing to experience the class must take part via our 4-session taster block.
- **Clothing Requirements:** Students must wear comfortable, loose-fitting clothing that allows for a full range of gentle movement.

- **Strict Footwear Policy (Health & Safety):** For your personal safety, balance, and stability, proper footwear must be worn on the training floor at all times.

- ***Recommended**:* Flat-soled, flexible shoes or standard trainers.
- ***Strictly Prohibited**:* High heels, sandals, flip-flops, open-toed shoes, or training in socks only.
- ***Strictly No Bare Feet:*** For hygiene and injury-prevention reasons, training completely barefoot is not permitted under any circumstances.

- **No Chewing Gum:** For strict choking-prevention and health and safety reasons, chewing gum is strictly banned during the class duration.

- **Punctuality:** Please arrive 10 to 15 minutes before the scheduled start time to ensure a smooth check-in. Late arrivals must enter quietly to minimize disruption to the class.

4. DATA PROTECTION & PRIVACY NOTICE

- Your personal data and sensitive medical declarations are handled in strict compliance with the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018.
- Information collected on your PAR-Q form is stored securely, treated with absolute confidentiality, and used solely to inform safe teaching. It will not be shared with any third party or organisation. Records are retained for your training duration plus an archive window of 3 to 7 years post-class to satisfy our public liability insurance protection rules, after which they are permanently destroyed.

- **School Communications:** Information about payments for classes and membership fees will be sent out via email. By registering, you acknowledge that we may need to contact you at other times via email to provide essential school updates and schedules.
- *Opt-Out:* If you wish to remove your email address from our database and halt future marketing communications, please contact us at liverpooltaichi@gmail.com.

5. SCHOOL & VIDEO TUTORIAL DISCLAIMER

- **Medical Consultation:** Before starting any new exercise programme with our school—whether online, pre-recorded video, live streaming, or face-to-face—it is advisable to consult your GP or doctor for a professional diagnosis on whether it is safe for you to partake in this exercise based on your identified condition(s).
- **Limitation of Liability:** The instructors of the Kam Lau School of Tai Chi Chuan cannot be held responsible for any physical or mental injury, harm, or damage caused directly or indirectly by relying on the information contained within this website or from any of the material belonging to the Kam Lau School of Tai Chi Chuan. Any applications of the Tai Chi or Qi Gong (Chi Kung) exercises, ideas, and suggestions on this site and any associated documents and material are at the reader's sole discretion and risk.

- **Home Practice Safety:** When you are practicing at home, please exercise responsibly, ensuring that your practice area is suitable, spacious, and completely safe.

- **Website Content & Availability:** The information contained on this website is for general information purposes only. While we endeavour to keep the information up-to-date and correct, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability, or availability with respect to the website or the information, products, services, or related graphics contained on the website for any purpose.
- In no event will we be liable for any loss or damage, including without limitation, indirect or consequential loss or damage, or any loss or damage whatsoever arising from loss of data or profits arising out of, or in connection with, the use of this website. Every effort is made to keep the website up and running smoothly. However, the Kam Lau School of Tai Chi Chuan takes no responsibility for, and will not be liable for, the website being temporarily unavailable due to technical issues beyond our control.

  Video Tutorial Checklist: In summary, before you take part in any of our activities (especially our pre-recorded online video tutorials), you must understand and agree to the following three terms:

1. That by participating, you are doing so entirely at your own risk;
2. That a suitable, non-slip floor space is required and any potential obstructions in the vicinity must be completely removed before you participate;
3. To completely avoid these activities if you have, or suspect you may have, any current health concerns, injuries, aches, or physical pains.