



Vertical Fitness Policies 26/27

Late Policy

If you are late to a class then you will be refused entry and will not be able to receive a refund!

This is because you have missed the warm-up so please turn up 5-10 minutes before class. Due to the nature of our activity, it becomes a health and safety risk when you have not participated in an instructor led warm-up.

Absence Policy

We have a limited amount of classes available and a lot of members, this means classes will sell out and are in demand. **If you cannot attend a class, then report your absence at least 24 hours in advance using the Google form** in our Linktree/ Whatsapp community. Emailing does not count as notifying us of absence. You must then attempt to resell your ticket via the Ticket Resale Whatsapp channel (see reselling procedure below).

Once you have done this you will be marked as an informed absence. Only uninformed absences, where the individual has not reported the absence and not tried to resell it, will be marked down and penalised.

Two absence marks result in a warning, a third absence in one term, leads to a 2 week ban from classes. Extenuating circumstances that mean this policy cannot be fulfilled must be communicated to us.

Reselling procedure

Class tickets bought through engage are non-refundable, but you can resell your ticket on the VF WhatsApp community, in the Ticket Resale channel. It is your responsibility to resell your ticket and receive payment through reasonable means such as bank transfer, PayPal etc. from the member you are selling it to. Vertical Fitness takes no responsibility for the reselling of tickets, this is a matter between the two members involved.

Once you have resold your ticket, please fill out the Resale google form, giving the name of the member you have sold it to, so that our registers can be updated.

Class limits

You can only attend one type of each class a week.

For example, you cannot attend 2 beginner pole sessions in one week.

Class content is likely to be repeated and we want to ensure all members have a fair opportunity to attend classes and develop their skills as there is a limited number of spaces for each class.



Class Credits

A class credit is given to a member when a class that they bought a ticket for is cancelled by us. This is our method of re-payment, refunds of money will not be given out. **A class credit must be redeemed within a week of issue**, via filling out the class credit form which is emailed to the members upon cancellation. If the form is not filled out in time the class credit will no longer be viable.

Jewellery and clothing

For classes, necklaces, bracelets, rings and dangling jewellery must be removed. The only allowed jewellery is facial and ear studs. If you are unable to remove any jewellery, it must be taped to the body and must not have any loose charms that could damage equipment. These restrictions are in place for safety of members as jewellery could damage equipment and in extreme cases result in accidents like degloving. **For this reason, this policy will be strictly enforced and refusal to follow this policy will result in removal from the class.**

Clothing worn for classes must not be anything that will get caught on equipment as it may damage the equipment and can also result in injuries or the user.

For pole classes, we recommend a short sleeved top or sports bra with shorts or grippy leggings as this allows for better grip. We do not recommend the use of socks as it can inhibit grip on the pole.

For hoop classes, we recommend any top with leggings or trousers to prevent friction on the legs.

For sling classes, we recommend a full length t-shirt and leggings or trousers to avoid friction related injuries and tangled excess clothing within the sling. Sling classes require the removal of all jewellery, including ear studs with butterfly backs; flatback piercings are allowed as they will not pierce the fabrics.

If unsuitable clothing is worn to class, we have suitable clothing that can be offered instead, however, there is only a limited supply. **If there isn't suitable clothing available, you will be removed from the class without refund.**

If there are any religious or personal concerns about the clothing and jewellery policy, please talk to the committee as we can offer suggestions.

Fire exit policy

In case of a fire, belongings should be left behind and everyone should exit calmly through the nearest exit and gather at the nearest safety point. This point is usually in front of the Union. Everyone should listen to the LUU fire marshals during a fire. Instructors will know where the nearest fire exits are..



Drinking and drugs policy

No drinking or drugs will be tolerated in classes and we will deny entry without refund for anyone we believe is under the influence of substances. Further, any repeat offenders will be reported to the LUU and removed from the society for the safety of themselves and others.

There is a zero tolerance policy for peer pressure regarding drinking and drugs in our society.

During socials, there will be at least one committee member that will stay sober and will be the point of contact for any issues during the social. The numbers for all relevant committee members will be provided before each social.

Pregnancy Policy

If we are made aware that a member has become pregnant and has chosen to continue their pregnancy during the course of the academic year, they will be obligated to read and sign a new PARQ and consent form with detailed information of the risks involved with aerial exercise and pregnancy. They must also be aware that **our instructors that are not Pre & Post-Natal certified are not allowed to teach them and they will be refused entry to that class.**

Bullying policy

We are an inclusive society that prides itself in being welcoming to everyone. To support this environment, we have a zero tolerance policy towards bullying and will ask anyone who we believe to be partaking in bullying to leave the class. Any incidents of bullying will also be reported to a wellbeing officer and LUU. **Any repeat offenders will be removed from the society.**

Limitations on Grip usage

All Rosin based pole grips are banned in class. Rosin based grips leave long term residue on the poles which can pose a risk for allergic reactions alongside potential damage to the equipment. We recommend chalk based grips and to support this we partnered with Dancing Dust to create a financially accessible grip for our members that is approved by us.

Nails

False or long nails can pose a serious risk to you and to our equipment in all Vertical Fitness Classes. For this reason we ask that nails be kept at a length that is barely visible above the tips of the finger - or at a length whereby the member can comfortably make a tight fist without leaving imprints/damage to the palm of their hand. Our classes rely on grip strength and long nails take away the ability to safely grip. For this reason we have partnered with mayonail, a press on nail business in Leeds, these nails can be worn outside of classes and removed the night before/morning or in order to facilitate safe attendance!