



## **Health and Safety at Fizzy Feet Adventures**

Fizzy Feet Adventures physical activity classes and parties ("Sessions") have been designed for children aged 3-5 years old. All of the equipment used during the Sessions is age-appropriate and therefore suitable for children aged 3 years and over.

Parents / carers must be present during the Sessions and children, both participating and non-participating, remain the responsibility of their accompanying parents / carers at all times. It is the responsibility of accompanying parents / carers to support and assist the children under their care during the Sessions as required, in particular when the children are using equipment that they are unfamiliar with or are finding challenging.

Non-participating children attending the Sessions must be closely supervised by the accompanying parents / carers at all times. We understand that the equipment is very exciting and tempting for little ones however for their own safety and the safety of others non-participating children must not be allowed to enter the activity area.

Some of the Session activities may involve lifting (the child), movement and/or actions that assume that the accompanying parents / carers are physically fit. Accompanying parents / carers who are pregnant, have a weak back or have any other condition that might be affected by an Session activity should either adapt the activity or miss it out.

During the Sessions, the Session leader will be setting up, moving and clearing away a variety of resources. Whilst we appreciate that children are often keen to assist with tidying up the equipment, accompanying parents / carers must ensure that the children under their care remain seated around the edge of the mats during this period for their own safety and for the safety of others.

By attending Fizzy Feet Adventures Sessions the accompanying parents / carers agree to assume responsibility for overseeing the safety of the children under their care. Although we try our best to provide a safe environment we do not assume liability for the health and safety of the children or of the accompanying parents / carers.