



Terms & Conditions – CrossFit Weymouth (operated by Portland Beach CrossFit & Watersports Ltd)

When you join, book, or use CrossFit Weymouth, you are confirming that you have read and agree to the following terms and conditions.

1. Membership and booking

- By joining CrossFit Weymouth or booking a class, you agree to these terms and our Privacy Policy.
 - Membership and class bookings are for your own use only and may not be transferred or shared with others.
 - All participants must complete a **health and declaration form** on or before first attendance, including any medical conditions, injuries, illnesses, or allergies. A parent or guardian must sign for any participant under 18.
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2. Minimum age and supervision

- The minimum age for CrossFit classes is **16 years**, unless otherwise stated for specific youth or junior programmes.
- For participants under 18, a parent or guardian must:
 - Read and sign the declaration and health-screening form, and
 - Be contactable and available to collect the participant at the end of the session, unless other arrangements are agreed in writing with **Portland Beach CrossFit & Watersports Ltd** in advance.

- If a parent or guardian is not present and cannot be contacted in a timely manner, Portland Beach CrossFit & Watersports Ltd may contact the emergency services where it considers this necessary for the participant's safety.
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3. Cancellation and refund policy

- If you cancel a **class or session** you are booked to attend, we will allow you to move your booking to another session at a later date/time, subject to availability and our class-booking policy.
 - **CrossFit Weymouth (Portland Beach CrossFit & Watersports Ltd)** reserves the right to cancel or modify classes at short notice due to coach availability, venue issues, or other operational reasons. In such cases, we will:
 - Offer you the option to rebook on another session at no extra charge, or
 - Provide a refund if no suitable alternative session is available.
 - Payments for **drop-in classes or class packs** are generally **non-refundable**, unless the session is cancelled by us.
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4. Membership cancellation and notice period

- There are **no joining fees or admin fees** for Portland Beach CrossFit memberships.
 - We require **one calendar month's notice** in writing (by email or via your Wodify account) when cancelling a monthly membership.
 - Your membership will continue until the end of the final notice period, and you remain liable for fees during that time, even if you do not attend classes.
 - Membership fees are fixed for the period they are agreed and may be reviewed at the start of each renewal period, with notice given before any change.
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5. Session participation, liability, and health

- CrossFit training is a **strenuous activity** that involves lifting weights, running, jumping, and other movements that carry an inherent risk of injury to participants and potential damage to property, even when conducted under supervision.
- All participants must:
 - Be reasonably fit and capable of taking part in moderate-to-high-intensity exercise.
 - Inform **CrossFit Weymouth / Portland Beach CrossFit & Watersports Ltd** of any medical conditions, previous injuries, illnesses, or allergies, and any medication they are taking, at the time of joining or before attending classes.
- It is the **responsibility of the participant** (including those who are pregnant or have a medical condition) to check with their doctor before starting or continuing CrossFit training, to ensure it is suitable for their physical and mental condition.

6. Fitness to train and conduct

- No participant may attend or continue a class:
 - When under the influence of alcohol, illegal drugs, or any medication that impairs coordination, balance, or judgment.
 - When they are unwell or have a fever, or when they are aware they may be contagious.
 - All participants must:
 - Follow the instructions and safety directions given by coaches and staff.
 - Respect the gym environment, equipment, and other members.
 - Follow the **CrossFit Weymouth Box Rules** (displayed in the gym and on our website), and comply with any reasonable directions given by the manager or coaches.
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7. Liability and safety

- **CrossFit Weymouth (operated by Portland Beach CrossFit & Watersports Ltd)** and its staff:
 - Take all **reasonable measures** to ensure the safety of the premises, coaching, and equipment.
 - Do not seek to **limit or exclude liability** for personal injury or loss of life caused by our own negligence or that of our employees, officers, or agents.
 - However, participants accept that:
 - Certain risks are inherent in physical activity and may arise from the participant's own actions, pre-existing conditions, or the actions of others.
 - We may **not be liable** for any personal injury, loss, damage, consequential loss, or third-party claims which occur through **no fault of our own, our employees, officers, or agents**.
 - Participants are responsible for:
 - Reporting any damage or faults in equipment immediately to a coach or staff member.
 - Using equipment in the way it is intended and following coaching instructions.
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8. Equipment and facilities

- During your membership or class attendance, you may use CrossFit Weymouth's equipment and facilities in accordance with the Box Rules.
- You must:
 - Treat all equipment and facilities with care.
 - Replace weights, bars, and other equipment safely after use.
 - Store personal belongings in designated areas only.
- Intentional damage to equipment or facilities may result in:

- Suspension from the gym, and/or
 - A charge covering repair or replacement costs.
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9. Behaviour and conduct

- All members and guests must:
 - Behave in a respectful and courteous manner towards staff, coaches, and other members.
 - Avoid offensive language, harassment, aggressive behaviour, or any activity that may cause nuisance or discomfort to others.
 - **CrossFit Weymouth / Portland Beach CrossFit & Watersports Ltd** reserves the right to:
 - Refuse entry or remove any member or guest immediately if, in our reasonable opinion:
 - Their behaviour is disruptive, unsafe, or inappropriate, or
 - They are in breach of these terms or the Box Rules.
 - Disqualification or suspension may occur without refund for the period affected.
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10. Prices and fees

- The prices and membership fees shown on our website and at the gym are valid at the time of publication.
 - **CrossFit Weymouth (Portland Beach CrossFit & Watersports Ltd)** reserves the right to:
 - Increase or reduce prices or membership fees at any time after publication.
 - Introduce new membership types, class packages, or services.
 - Any changes to fees for existing members will be communicated in advance, in line with the notice period stated in your membership agreement.
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11. Emergency and incident procedures

- In the event of an accident, injury, or medical emergency, our coaches will provide first-aid assistance and, if necessary, contact emergency services.
 - By training with CrossFit Weymouth, you agree that any medical information you provide (e.g., medical conditions, emergency contacts) may be used in an emergency situation for your safety.
 - You must ensure that the information you provide remains up to date and inform us of any changes promptly.
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12. General

- These terms and conditions are governed by the **laws of England and Wales** and may be updated from time to time. Changes will be notified via:
 - Our website,
 - Email if you have subscribed, or
 - Notice posted in the gym.
- By joining, booking, or continuing to use CrossFit Weymouth (operated by **Portland Beach CrossFit & Watersports Ltd**), you agree to be bound by the current version of these terms.

Last updated: 29 April 2026

Effective from: 1 May 2026