ALL TOGETHER, MORE SUPPORT

# Attendance declaration

Please read this declaration before taking part. Ask us if you would like help understanding it or need an accessible version.

We sometimes take photographs or videos during sessions to explain and promote Vista's activities. During your consultation, we will explain the proposed uses, ask for your permission and record your choices. No signature is required.

You can attend without agreeing to photographs or videos. Saying no or withdrawing permission will not affect your access to sessions or the support you receive. We will check your recorded preferences before photographing or filming you and take reasonable steps to keep you out of identifiable shots if you have not agreed.

You can change your choices or withdraw permission at any time by telling an instructor or emailing info@vistawellbeing.org.uk. You can also ask not to be included on a particular occasion, even if you previously gave permission.

## Taking part safely

Before each session, I agree to:

- Tell my instructor about changes to my health, symptoms, medication or professional advice received.
- Complete any checks recommended for me by my healthcare professional or agreed during my screening and bring medication or equipment I need for safe participation.
- Follow the instructor's safety guidance, work at a level appropriate for me, and stop and tell the instructor if I feel unwell, have pain or develop unusual symptoms.

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## Illness and infection prevention

Some participants are particularly vulnerable to infections. To help protect everyone, I agree that:

- I will not attend if I have a high temperature, feel feverish or am acutely unwell. If new or worsening symptoms suggest an infectious illness, including a new cough or sore throat, I will not attend and contact Vista to advise
- After suspected infectious vomiting or diarrhoea, I will not attend until at least 48 hours after the last episode.
- If I test positive for COVID-19, I will not attend for 10 days after the day of the test. This is Vista's precaution to protect participants at increased risk; routine testing is not a condition of attendance.
- I will return when my fever has settled and I feel well enough to take part, and will follow any applicable infection-specific advice from the NHS or my healthcare professional.
- I will follow Vista's infection-prevention measures, including hand hygiene and covering coughs and sneezes.

Symptoms usual for my long-term condition do not automatically prevent attendance. I will report changes and contact Vista if unsure. Precautions reduce infection risk but cannot eliminate it.

## Personal belongings and understanding risk

I will bring what I need for the session and avoid unnecessary valuables. I remain responsible for looking after my belongings. Physical activity carries some risk of injury or illness even with suitable precautions. I will discuss any concerns before taking part. Nothing in this declaration removes my legal rights or excludes liability that cannot lawfully be excluded.

## My agreement

I have read and understood this declaration and agree to follow it whenever I attend. I will contact Vista if my circumstances change. I understand that I can ask questions at any time and discuss my participation with the session instructor.