

ABILITIES UNITED LTD

Gentle Exercise Home Visit Agreement

This Agreement is made between:

Abilities United Ltd  
Email: info@abilitiesunited.co.uk  
Phone: 07473468865

AND

Client Name:  
Address of Visit:

Start Date:

### 1. Service Description

Abilities United Ltd provides individualised gentle exercise sessions within the client's home. Sessions are tailored to the individual's needs, abilities, and goals.

Sessions may include:

- Seated or supported exercise
- Mobility and balance work
- Light strength training
- Functional movement
- Stretching and flexibility
- Wellbeing-based physical activity

Sessions are not a substitute for medical treatment, physiotherapy, or rehabilitation.

### 2. Session Details

Session Length:  
Frequency:  
Location: Client's home address listed above

### 3. Fees & Payment

Cost per session:  
Payment must be made:  
 In advance  
 On the day of session  
 Via monthly invoice

#### 4. Cancellation Policy

- A minimum of 24 hours' notice is required to cancel or rearrange a session.
- Cancellations with less than 24 hours' notice may be charged at full rate.
- If Abilities United needs to cancel an alternative date or full re-fund will be given.

#### 5. Health & Safety

The client (or responsible adult) agrees to:

- Provide accurate medical information prior to sessions
- Inform Abilities United of any changes in health, medication, or mobility
- Ensure the home environment is safe and suitable for exercise (clear space, no trip hazards, pets secured if necessary)

Abilities United Ltd reserves the right to stop a session if it is deemed unsafe to continue.

#### 6. Medical Disclaimer

The client confirms they:

- Have medical clearance to participate in gentle exercise
- OR
- Understand they are participating at their own risk

Abilities United instructors are qualified in relevant exercise and first aid training but are not medical practitioners.

#### 7. Safeguarding Policy

Abilities United Ltd is committed to safeguarding and promoting the welfare of children, young people, and vulnerable adults.

- All staff and volunteers working in home environments are DBS checked.
- Staff operate under strict safeguarding procedures and follow recognised best practice guidelines.
- Any safeguarding concerns will be recorded and reported in line with safeguarding legislation and local authority procedures.
- If staff believe a participant or others are at risk of harm, Abilities United Ltd reserves the right to share relevant information with appropriate authorities or professionals.
- Sessions may be terminated immediately if staff safety is compromised.

Abilities United maintains a zero-tolerance approach to abuse, neglect, harassment, or inappropriate behaviour.

## 8. Photography & Media Consent

From time to time, Abilities United Ltd may wish to take photographs or short video clips during sessions for promotional, marketing, or training purposes.

Please tick one:

I give permission for photographs/videos to be taken and used for:

- Social media
- Website
- Printed marketing materials
- Funding applications and reports

I do NOT give permission for photographs/videos to be taken or used.

- Names will not be shared publicly without additional written consent.
- Images will be stored securely in line with UK data protection regulations.
- Consent may be withdrawn at any time in writing.

## 9. Confidentiality & Data Protection

All personal information will be handled in accordance with UK GDPR and will not be shared without consent unless required for safeguarding purposes.

## 10. Liability

While every care is taken to provide safe and appropriate sessions, participation in physical activity carries some level of risk. Abilities United Ltd shall not be held liable for injuries sustained during sessions unless caused by proven negligence.

## 11. Agreement

By signing below, you confirm that you have read, understood, and agree to the terms outlined above.

Client / Responsible Adult Name:

Signature:

Date:

Abilities United Representative:

Signature:

Date: