

POLICIES

Minimum age

The minimum age for attending any retreat with us is 18.

Your Health

You warrant that you are in good physical condition and you know of no medical or other reason why you cannot or should not do any form of active exercise, including, but not limited to, High Intensity Interval training, strength training, cardiovascular training, swimming, running, yoga, stretching.

Acknowledgement of risks

You warrant that you are aware that all exercise and travel carries risks, and acknowledge you are participating willingly, and in knowledge of these risks.

You recognise that we are not able to provide you with medical advice, and that any information provided should be used as a guideline only. If you have any prior knowledge of health concerns or health risks, you acknowledge that it is your responsibility to seek clearance from a health care professional prior to attending any of our retreats.

Indemnity

You agree to fully indemnify without limitation any trainer(s), director(s) or contractor(s) against any injury, malpractice, mishap, or accident during any and all interactions with the Company away from, or at the primary place of business for The Urban Fitness Retreat.

Meeting Your Responsibilities and Paying for Your Trip

You must make sure your bank account can make credit / debit card payments and that there is enough money in your account to pay for the trip on or before the Payment Due Date.

You must make sure that the payment method you have chosen remains valid until at least 1 month after the End Date of your Retreat with us.

If your chosen payment method fails, you are liable for any and all resulting fees.

If you do not fully pay your fees on the due date, The Urban Fitness Retreat has the right to suspend or decline access to any services, activities and facilities associated with any The Urban Fitness Retreat until any outstanding balances have been paid in full and you have given us your updated payment details (if you are requested to do so). You understand and acknowledge that We will continue to debit Your nominated account without notice, until We have received the total amount You owe the Company.

We will make a reasonable effort to advise You on the status of the failed payments by email.

Payment Policy

To reserve a spot on any The Urban Fitness Retreat, a deposit of 50% is required upon booking. Payment of any outstanding sums owed (the balance) must be made 4 weeks before the specified Payment Due Date for the Retreat which you are booking. Prices **DO NOT** include flights, or travel insurance.

Travel Insurance

It is your responsibility to organise suitable travel and health insurance. You acknowledge that The Urban Fitness Retreat is not in the business of providing insurance products and cannot be held liable if your failure to arrange suitable insurance coverage leaves you exposed, medically, financially or otherwise.

Please note, even if you have private health insurance in your Country of Residence, it is unlikely that this insurance will cover overseas trips such as the retreats offered by The Urban Fitness Retreat.

Travel Cancellation Insurance

It is your responsibility to organise suitable travel and health insurance. You acknowledge that The Urban Fitness Retreat is not in the business of providing insurance products and cannot be held liable.

Depending on the policy and conditions, travel cancellation insurance may pay for some or all costs associated with cancelling a booking.

We strongly advise that you purchase this.

Cancellations

It is your responsibility to read and understand our cancellation policy before making a reservation. Naturally, no one books with the intention of cancelling or postponing their trip, but unexpected things do happen, so please consider purchasing travel cancellation insurance.

Cancellations Policy: Guest Cancellations

If you need to cancel any retreat with The Urban Fitness Retreat, cancellation fees will apply. Any notice of cancellation must be provided in writing.

Please refer to the following for a breakdown of applicable cancellation fees:

If you cancel 90 days or more before your Start Date, you will be refunded the full amount paid up to that date for your retreat, excluding your 50% deposit.

If you cancel between 60 - 90 days before your Start Date, you will be refunded 50% of any sums paid, excluding your 50% deposit.

Cancellations less than 60 days before the Start Date of your Escape are non-refundable and will result in a forfeit of any and all sums paid.

Due to our need to commit to accommodation and other arrangements in advance, exceptions to our policy cannot be made for any reason.

Late Arrivals/Early Departures:

We do not offer credit for arriving late to our Escape or departing early.

Cancellations Policy: Cancellations made by the Company

If for any reason The Urban Fitness Retreat must cancel or change the Start Date of any Escape, for any reason whatsoever, you're entitled to transfer the sums paid to another The Urban Fitness Retreat (either scheduled or at some future time) to be used as credit.

Alternatively, you may request a refund of payments made by you to the Company, which will be accommodated for insofar as is possible, taking into consideration any non-retrievable costs to which we committed in anticipation of your Retreat.

The Urban Fitness Retreat is not responsible for your expenses incurred in preparation for any cancelled Escape such as other accommodation, airline tickets, loss of work, and/or other costs associated with preparing for your trip.

Passports, Visas and Documents

It is the responsibility of each participant to obtain a valid passport, visa(s) and necessary certificates for any country to be visited in connection with any Salt Escape.

Third Parties

The Urban Fitness Retreat holds no responsibility for the actions or omissions of third parties or independent contractors, including in the event that they modify the nature of a service on an retreat as compared with the advertised nature of the service.

Further, The Urban Fitness Retreat accepts no responsibility for delayed, missed or cancelled flights, buses, ferries, transfers, or any other modes of transportation required by You to get to Your accommodation, or any other activity or event in connection with or relating to Your retreat.

General Waiver

You agree to sign a waiver form with The Urban Fitness Retreat at least 30 days before your retreat Start Date.

You acknowledge that during any of The Urban Fitness Retreat you participate voluntarily in any and all activities arranged by the retreat organisers, and insofar as is legally permissible, you surrender your right to any cause of action against The Urban Fitness Retreat, their agents, contractor's, employee's and directors, arising from any loss or damage to any person or property that occurs during The Urban Fitness Retreat up to and including death.

This agreement, and any dispute, or claim of whatever nature arising out of or in any way relating to this policy agreement or its formation, shall be governed by and construed in accordance with English law.

Photo / Video Release – Use of Image

You hereby grant The Urban Fitness Retreat the absolute and irrevocable right, and unrestricted permissions to use photographic portraits / images / videos in which you feature that are taken during the retreat to use / republish / copyright, etc. for commercial use in association with The Urban Fitness Retreat. You hereby release and discharge The Urban Fitness Retreat from any and all claims and demands arising out of or in connection with the use of the photographs and video footage, including without limitation any and all claims for libel or invasion of privacy.

Accommodation

You will be staying in a 5* hotel in Rhodes from Monday 7th - Friday 11th October. Rooms will be based on 2 people sharing which will be allocated by The Urban Fitness Retreat team. However, if you would like to pair up with another participant, please let us know in advance.

By booking any retreat with Us you agree to be bound by and adhere to all policies and rules.