



Terms and Conditions

Review date 18/11/2025

Signed off by Christopher Herbert

Welcome to the Fit For Life Youth CIC website (the "Website"). These terms and conditions ("Terms") govern your use of the Website, including all features, content, and services provided by Fit For Life Youth CIC ("we," "us," or "our"). By accessing or using the Website, you agree to comply with these Terms. Please read them carefully.

1. General Terms

1.1 Acceptance of Terms: By accessing or using the Website, you agree to be bound by these Terms. If you do not agree to these Terms, you may not use the Website.

1.2 Amendments: We reserve the right to modify, update, or amend these Terms at any time without prior notice. The revised Terms will be effective upon posting on the Website. Your continued use of the Website after any modifications constitutes your acceptance of the revised Terms.

2. Use of the Website

2.1 Eligibility: You must be at least 13 years old to use the Website. If you are under the age of 13, you may not use the Website without parental or legal guardian consent.

2.2 Account Registration: Some features of the Website may require you to create an account. You agree to provide accurate and complete information during the registration process and to keep your account information up to date.

2.3 User Content: You are responsible for any content you post, submit, or share on the Website ("User Content"). You grant us a non-exclusive, worldwide, royalty-free license to use,



reproduce, modify, adapt, publish, and display your User Content for the purposes of providing and promoting the Website.

2.4 Prohibited Conduct: You agree not to engage in any of the following prohibited activities:

- a) Violating any applicable law or regulation;
- b) Interfering with or disrupting the Website or its servers;
- c) Uploading or transmitting any viruses, malware, or other harmful code;
- d) Attempting to gain unauthorized access to the Website or other users' accounts;
- e) Impersonating any person or entity;
- f) Engaging in any activity that may negatively affect the reputation or operation of the Website.

2.5 Intellectual Property: The Website and its contents are protected by copyright, trademark, and other laws. You may not modify, copy, distribute, transmit, display, perform, reproduce, publish, license, create derivative works from, transfer, or sell any information, software, products, or services obtained from the Website without our prior written consent.

3. Privacy

3.1 Privacy Policy: We respect your privacy and are committed to protecting your personal information. Our Privacy Policy explains how we collect, use, and disclose your information. By using the Website, you consent to our collection, use, and disclosure practices as described in the Privacy Policy.

4. Links to Third-Party Websites

4.1 The Website may contain links to third-party websites that are not owned or controlled by Fit For Life Youth CIC. We do not endorse or assume any responsibility for the content, privacy policies, or practices of third-party websites. Your use of such websites is at your own risk.

5. Disclaimer of Warranties



5.1 The Website is provided on an "as is" and "as available" basis. We do not make any warranties or representations of any kind, whether express, implied, or statutory, including but not limited to the accuracy, reliability, completeness, or suitability of the Website. Your use of the Website is at your own risk.

6. Limitation of Liability

6.1 To the fullest extent permitted by law, Fit For Life Youth CIC and its directors, employees, volunteers, and affiliates shall not be

