



Kinder Moves Medical Policy

At Kinder Moves, the health and safety of both parents/caregivers and children is our top priority. We want to ensure that all participants have a positive and safe experience during our classes. Please take note of the following medical guidelines and policies before attending any Kinder Moves session:

1. Health and Medical Conditions

- Parents/guardians must ensure that their child is in good health and fit to participate in all activities. If your child is feeling unwell, experiencing fever, or showing signs of illness, we ask that you refrain from attending class until your child has fully recovered.
- Parents are required to disclose any existing medical conditions or health concerns that may affect their child's participation in the class. This includes, but is not limited to, allergies, respiratory issues, or any chronic conditions.
- Please inform the instructor of any special medical needs or conditions that may require attention during the class. This will help us ensure that your child's experience is safe and comfortable.

2. Baby Massage and Yoga Guidelines

- Baby massage and yoga should only be performed on healthy babies. Do not attempt to massage your baby if they are unwell, have recent injuries, or have bruised or broken skin.
- It is recommended to wait at least 30-40 minutes after a feed before beginning baby massage to avoid discomfort or potential vomiting.
- If your baby has recently had immunisations, please wait 24 hours before attending class to monitor for any potential reactions. If your baby is feeling well, you may proceed with the session but take extra care, avoiding the injection site for the first week.

3. Medical Emergency

- In the event of a medical emergency during class, parents/guardians must notify the instructor immediately. The instructor will take necessary action to seek medical care if needed.
- By attending Kinder Moves, you give consent for the instructor to seek emergency medical care for your child if necessary. You, the parent/guardian, are responsible for any costs associated with medical treatment.

4. First Aid and Health Precautions

- Kinder Moves instructors are trained in basic first aid, and first aid kits are available on-site. However, it is the responsibility of the parent/guardian to supervise and ensure their child's safety during class.

- Please be sure to check your child for any potential health issues such as rashes, allergies, or other signs of discomfort before attending class.

5. Pregnancy and Postpartum Health

- If you are pregnant or recently postpartum, please consult with your healthcare provider before participating in any physical activities. Certain movements or activities may not be suitable for all stages of pregnancy or the postpartum period.
- If you experience any discomfort or unusual symptoms during class, please stop and inform the instructor immediately.

6. Informed Consent

- By attending Kinder Moves classes, you acknowledge that you are responsible for your child's health and well-being. You agree to inform the instructor of any relevant medical conditions or health issues and agree to follow any safety instructions provided during the class.
- You accept full responsibility for monitoring your child's health and comfort during class, and you agree to consult with a healthcare provider if you have concerns about your child's health or ability to participate in the activities.

7. Liability

- While we take every precaution to ensure a safe and supportive environment, Kinder Moves cannot be held responsible for any accidents, injuries, or health issues that occur during class. By participating, you release Kinder Moves, its instructors, and staff from any liability related to medical or health incidents.

8. Changes to Health Information

- If there are any changes to your child's health status or medical conditions during the course of the session, please notify the instructor immediately to ensure we can adjust the class as necessary to accommodate your child's needs.

Thank you for adhering to our medical policy. If you have any concerns or questions, please feel free to contact us. Your child's safety and well-being are very important to us, and we want to ensure they have the best experience in our classes.