

Behaviour Policy – Older Adult Physical Activity Sessions

Huntingdonshire District Council Active Lifestyles provides older adult physical activity sessions to support participants in staying active, healthy, and socially connected in a safe and inclusive environment.

This Behaviour Policy has been developed to help ensure the safety and enjoyment of all participants and instructors, while also supporting the smooth running of all sessions.

By attending any session delivered by Huntingdonshire District Council Active Lifestyles, participants agree to adhere to the expectations outlined below.

Expected standards of behaviour

All participants are expected to treat instructors, staff, and fellow participants with respect and courtesy at all times. Participants should listen to and follow instructions provided by instructors, particularly those relating to safety, technique, warm-ups, and cool-downs. Everyone is expected to act in a way that promotes a positive and supportive atmosphere for all involved.

Safety and conduct

To ensure the safety of all participants, aggressive, abusive, intimidating, or threatening behaviour will not be tolerated under any circumstances. Participants must refrain from using confrontational, disrespectful, or aggressive language or tone towards instructors or other participants, even when questioning rules or decisions. Any concerns or disagreements should be raised calmly and respectfully at an appropriate time, either during the session or afterwards. Participants must not engage in behaviour that could endanger themselves or others or deliberately ignore safety instructions.

Clothing, equipment, and general expectations

Participants are expected to wear appropriate clothing and suitable footwear for physical activity to help minimise the risk of injury. Participants who do not meet these requirements may be unable to take part in the session. Participants should arrive on time and be ready to take part so sessions can start promptly. All shared spaces, facilities, and equipment should be treated with respect, and participants should be mindful of differing abilities and personal space. Any relevant medical conditions, injuries, or concerns should be shared with the instructor prior to participating.

Breaches of the behaviour policy

Any breach of this Behaviour Policy will be taken seriously and may result in action being taken. This can include a verbal warning, temporary removal from a session, a review of membership or participation, or suspension or permanent exclusion from sessions, depending on the severity or frequency of the behaviour.

What you can expect from our instructors

Huntingdonshire District Council Active Lifestyles is committed to delivering high-quality, safe, and enjoyable sessions. Participants can expect instructors to arrive punctually and be fully prepared for each session, to be friendly, respectful, approachable, and enthusiastic at all times, and to deliver inclusive sessions that are adapted to meet a range of abilities. Instructors hold appropriate qualifications, are first aid trained, and have a clear understanding of safeguarding responsibilities. They are fully aware of and follow emergency procedures, including incident reporting and evacuation processes, and they actively promote a safe environment by managing risks, ensuring equipment is used correctly, and treating all participants fairly and with respect.

These sessions are designed to be safe, enjoyable, and supportive for all participants. By following this Behaviour Policy, everyone helps to create a positive environment where people can stay active, social, and healthy.

For further information or if you have any questions regarding this policy, please contact activelifestyles@huntingdonshire.gov.uk