

# OverGravity Gymnastics Retreat – Terms & Conditions

Last updated: 29 January 2026

## 1. Booking & Acceptance

By booking a place on the OverGravity Gymnastics Retreat, you confirm that you have read, understood, and agreed to these Terms & Conditions. These terms apply to all participants attending the retreat.

Places are limited and are not guaranteed until the deposit has been received and written booking confirmation has been issued. Retreat capacity is limited to **20 participants** and places are allocated on a first-come, first-served basis.

## 2. Health, Fitness & Medical Declaration

- All participants must confirm, at the time of booking, that they are physically fit to take part in the activities offered during the retreat.
- Participation in the retreat activities is **at the participant's own risk**.
- OverGravity Gymnastics is not responsible for injuries sustained during activities, **except where liability cannot be excluded under applicable law**.
- Any relevant medical conditions, injuries, allergies, or health concerns must be disclosed in advance via email to **info@overgravitygymnastics.uk**.
- Failure to disclose relevant medical information may result in modified participation or exclusion from certain activities for safety reasons.

## 3. Age Requirements

- The minimum age to participate independently in the retreat is **18 years old**.
- Participants aged **14 to 17** may be permitted to attend **only if accompanied by a parent or legal guardian**, and this must be requested and approved prior to booking.
- All activities are designed for adults. Participants under 18 may not be able to take part in all activities, or activities may be modified for safety reasons.
- Participants under the age of **14 are not permitted** to attend the retreat.
- In exceptional circumstances, younger children may be present only if prior notice is provided and **independent childcare arrangements are made by the participant**. OverGravity Gymnastics does not provide childcare services and takes **no responsibility** for the supervision, safety, or care of children under 14.

## 4. Travel, Insurance, Passports & Visas

- OverGravity Gymnastics does **not** take responsibility for travel arrangements to and from Italy, including flights, transfers, travel insurance, passport validity, visas, or entry requirements.
- Participants are solely responsible for ensuring they have valid travel documents and that they meet current entry requirements for Italy.
- As requirements may change, participants must refer to the official UK government guidance: <https://www.gov.uk/foreign-travel-advice/italy/entry-requirements>
- We **strongly recommend** purchasing comprehensive travel insurance that covers cancellation, delays, medical care, and missed activities.

## 5. Flights & External Travel Costs

- OverGravity Gymnastics does **not** provide flight bookings or flight deals.
- If the retreat is cancelled for any unforeseen reason, all retreat payments will be refunded in full.
- OverGravity Gymnastics is **not responsible** for reimbursing flight tickets or any other external travel costs.
- Participants are advised to book refundable flight tickets or rely on travel insurance and accept the inherent risks of non-refundable travel arrangements.

## 6. Programme Changes, Activities & Weather

- Perfect weather conditions cannot be guaranteed.
- Activities, schedules, and timetables may be subject to change due to weather or other unforeseen circumstances.
- If any activity is cancelled for any reason (including weather), OverGravity Gymnastics will make all reasonable efforts to provide a suitable alternative.
- Changes to the programme do not entitle participants to refunds.

## 7. Transport

- OverGravity Gymnastics is not responsible for travel arrangements to and from Italy.
- Transport between accommodation and retreat activities is included **only** for participants who book the accommodation provided by OverGravity Gymnastics.
- Participants who do not book accommodation through OverGravity Gymnastics may have transport subject to availability and should be prepared to arrange their own transport if required.

## 8. Accommodation

- Accommodation is provided **only for the official retreat dates**.
- Any additional nights before or after the retreat must be arranged independently by the participant and are not included in the retreat package.
- Accommodation consists of apartments with a mix of single, double, triple, and limited quadruple rooms.
- The retreat is primarily advertised as **single and double room accommodation**.
- Double rooms contain one double bed and are suitable for couples or participants happy to share a bed.
- Triple rooms may be available at a reduced rate and are subject to availability. Single and double room bookings take priority.
- Single room requests are subject to availability and incur an additional cost.
- Pricing examples (early bird): **£750 per person** for a double room, **£850** for a room in single use. Prices may change after the early bird allocation is finished.
- OverGravity Gymnastics reserves the right to change accommodation to a similar or higher standard if required.

## 9. Food, Dietary Requirements & Allergies

- Breakfasts and lunches are not included, allowing participants flexibility to choose what and when to eat.

- Dinners are organised at selected venues. Any dietary requirements or allergies will be communicated to venues where possible.
- Participants must notify OverGravity Gymnastics of dietary requirements and allergies in advance via **info@overgravitygymnastics.uk**.
- OverGravity Gymnastics does not prepare or supply food directly and cannot guarantee the absence of allergens.

## 10. Payments, Deposits & Instalments

- A **£100 deposit** is required to reserve your spot.
- Payment in instalments via direct debit is offered.
- Instalment plans are split into **3 instalments** by default.
- If booking is made with less than 3 months prior to the event, instalments will be reduced to the equivalent months left before the event.
- A payment plan with **more than 3 instalments** may be requested via **info@overgravitygymnastics.uk** upon booking and is subject to approval.

## 11. Cancellations & Refunds

- The deposit and any payment in instalments made are refundable until **30th April**.
- After 30th April, in case of cancellation, the deposit is **not refundable**.
- From **1st May to 30th June** (inclusive), payments made (excluding the deposit) are **50% refundable**.
- From **1st July onwards, no refunds are available**.
- Refund eligibility is based on the date written notice of cancellation is received.

## 12. Behaviour & Conduct

- Participants are expected to behave respectfully towards staff, coaches, venues, and other participants.
- OverGravity Gymnastics reserves the right to remove any participant whose behaviour is unsafe, disruptive, abusive, or inappropriate.
- Removal from the retreat due to misconduct will not result in a refund.

## 13. Personal Belongings

- Participants are responsible for their own personal belongings.
- OverGravity Gymnastics is not liable for loss, theft, or damage to personal items during the retreat.

## 14. Late Arrival & Missed Activities

- Missed activities due to late arrival, travel disruption, or personal circumstances are non-refundable.

## 15. Photos & Media

- Photos and videos may be taken during the retreat and used for social media, website content, and future retreat marketing.
- Participants may opt out of media usage by submitting a written request via email to **info@overgravitygymnastics.uk** prior to or during the retreat.

## 16. Force Majeure

OverGravity Gymnastics shall not be held responsible for cancellations, changes, or disruptions caused by events beyond reasonable control, including but not limited to natural disasters, government restrictions, strikes, pandemics, or travel bans.

### **17. Communication**

- All official retreat communication will be sent via email.
- Participants are responsible for checking their inbox, including spam or junk folders.

### **18. Currency & Local Payments**

- Retreat prices are charged in **GBP**.
- In Italy, **EUR** is used. Most places accept cards and ATMs are widely available.
- Cash may be useful for small purchases such as local stalls or beach vendors.

### **19. Right to Refuse Booking**

OverGravity Gymnastics reserves the right to refuse or cancel a booking at its discretion. Where applicable, a full refund of retreat payments will be provided.

### **20. Governing Law**

These Terms & Conditions are governed by and interpreted in accordance with **UK law**.