

Terms & Conditions

APPLIES TO: All adult participants (18+) · Last Updated: July 2026

1 INTRODUCTION AND SCOPE

- 1.1 These Terms & Conditions (the Terms) govern all participation in the Vitro Vitality Games fitness events (the Events) organised and delivered by Vitro (we, us, the Organiser). Events may be hosted at FortitudeFit or such other venues as notified to participants in advance.
- 1.2 By completing registration and payment for an Event, you confirm that you have read, understood and agreed to these Terms in their entirety. If you do not agree to these Terms you must not register for or attend any Event.
- 1.3 These Terms constitute the entire agreement between the parties in relation to your participation and supersede any prior representations, warranties or statements.

2 NATURE OF THE EVENT — PERFORMANCE BENCHMARK, NOT MEDICAL ASSESSMENT

PLEASE READ THIS SECTION CAREFULLY

The Vitro Vitality Games is a structured fitness performance event providing benchmark scores. It is not a medical service. Your Vitality Score and Vitality Age are fitness benchmarks only and must not be interpreted as medical diagnosis or clinical health assessment.

- 2.1 The Vitro Vitality Games is a structured fitness performance event. Each station produces a numerical score based on participant performance against a standardised benchmark. An aggregate score (Vitality Score) and a derived benchmark figure (Vitality Age) are produced from these results.
- 2.2 The Vitality Score and Vitality Age are fitness performance benchmarks only. They are tools for personal awareness, fitness goal-setting and progress tracking between events.
- 2.3 The Vitro Vitality Games does not provide: medical diagnosis; clinical assessment of cardiovascular function or any biological system; medical advice of any kind; a substitute for consultation with a qualified medical professional; or treatment, therapy or intervention of any medical nature.
- 2.4 Educational content distributed by Vitro references peer-reviewed research in the longevity and fitness science literature. This content is provided for general informational and educational purposes only. It does not constitute medical advice.
- 2.5 No member of the Vitro event team acts in a clinical capacity at any Vitro event.
- 2.6 Participants with existing health conditions, cardiovascular history or recent illness are strongly encouraged to seek professional medical clearance before attending.

3 ELIGIBILITY

- 3.1 Participants must be 18 years of age or older to participate in the adult Vitro Vitality Games. Youth participation is governed by VitroKidz Terms & Conditions..
- 3.2 You confirm that all information provided during registration is accurate and complete.

4 HEALTH DECLARATION AND PRE-PARTICIPATION RESPONSIBILITY

- 4.1 By registering and attending an Event, you confirm that you are in good physical health, have no medical condition that makes participation unsafe, have not been advised by a medical professional to avoid this type of physical activity, and will notify event staff immediately if you feel unwell during the Event.
- 4.2 If your health status changes between registration and the Event date, you are responsible for reassessing whether participation remains safe.

5 ASSUMPTION OF RISK

5.1 Participation involves physical activity that carries inherent risks including: muscle and soft tissue injury; joint strain or injury; falls and impact injuries; fatigue and overexertion; cardiovascular stress; adverse reactions to physical exertion. By participating, you voluntarily accept all inherent risks.

6 LIABILITY

LEGAL NOTE

Under the Unfair Contract Terms Act 1977 and the Consumer Rights Act 2015, liability for death or personal injury caused by negligence cannot be excluded or restricted by any contractual term. Nothing in these Terms affects your statutory rights.

6.1 The Organiser takes reasonable steps to ensure the safety of all participants and to provide a structured, supervised environment.

6.2 Subject to clause 6.3, and to the fullest extent permitted by applicable law, the Organiser, FortitudeFit and their respective staff, volunteers and partners shall not be liable for any injury, loss or damage arising from your participation where such injury, loss or damage arises from the inherent risks of physical activity; results from your failure to disclose a relevant health condition; results from your failure to follow instructions; or arises from your voluntary decision to participate beyond your physical limits.

6.3 Nothing in these Terms excludes or limits liability for: (a) death or personal injury caused by negligence; (b) fraud or fraudulent misrepresentation; or (c) any other liability that cannot be limited or excluded under applicable law.

6.4 The Organiser accepts no liability for loss or damage to personal belongings brought to the Event.

7 EVENT RULES AND CONDUCT

7.1 All participants must follow all instructions given by event directors, station marshals and event staff at all times.

7.2 Participants must perform all movements within their own physical limits.

7.3 Participants must respect all other participants, staff, volunteers and venue equipment.

7.4 The Organiser reserves the right to stop any participant's participation at any point where a safety concern arises. A participant stopped for safety reasons is not entitled to a refund.

7.5 The Organiser reserves the right to disqualify and remove any participant who behaves in an unsafe, disruptive or abusive manner. A disqualified participant is not entitled to a refund.

7.6 Station marshal scores are final. Disputes must be raised with the Event Director within 30 minutes of the score being recorded.

8 BOOKINGS, PAYMENTS AND REFUNDS

8.1 All event entries must be paid in full in advance. A booking is only confirmed once full payment has been received.

8.2 Spaces are limited and allocated on a first-come, first-served basis.

8.3 All bookings are non-refundable. Transfers to another participant may be approved in writing at least 72 hours before the Event. Full details in the Refund & Cancellation Policy..

8.4 If the Organiser cancels an Event, participants will be offered a rescheduled date or a credit of equivalent value.

9 EVENT CHANGES

9.1 The Organiser reserves the right to modify the Event structure, stations, timings or format at any time for safety, operational or logistical reasons.

10 MEDIA AND CONTENT CONSENT

10.1 Photography and videography may take place during Events. By attending, you consent to being photographed and filmed. Content may be used for marketing and promotional purposes subject to the Photography & Media Policy. If you do not consent, notify the Organiser in writing at least 48 hours before the Event.

11 SAFETY AND EMERGENCIES

11.1 A qualified first aider will be present at all Events. This does not constitute a medical professional or clinical emergency service.

11.2 Participants must report any injuries, symptoms or concerns to event staff immediately.

11.3 In the event of a medical emergency, event staff will call emergency services and provide first aid support within the limits of their training.

12 DATA AND PRIVACY

12.1 Participant data collected during registration and at Events is used for event management, participant communication and results processing, in accordance with the Privacy Policy & Results Data Policy. Your data will not be shared with third parties without your explicit consent, except where required by law.

13 GOVERNING LAW AND JURISDICTION

13.1 These Terms are governed by the laws of England and Wales.

13.2 The courts of England and Wales shall have exclusive jurisdiction to settle any dispute arising under or in connection with these Terms.

13.3 If any provision of these Terms is found to be invalid, illegal or unenforceable, that provision shall be deemed deleted. The remaining provisions shall continue in full force and effect.

13.4 No third party shall have any rights under these Terms pursuant to the Contracts (Rights of Third Parties) Act 1999.