



Swim Parent Guide – Terms & Conditions

Effective Date: 1st September 2025

1. General Disclaimer

The content shared via this Channel, including but not limited to posts, guides, tips, checklists, videos, and downloadable materials, is provided for general informational and educational purposes only.

It is not intended to be a substitute for:

- Professional coaching or individualised swim instruction
- Medical advice or treatment from healthcare professionals
- Mental health support or clinical guidance
- Personalised nutrition planning or dietary counselling
- Safety certification or emergency preparedness training

This list is not exhaustive. By using this Channel, you acknowledge that you are responsible for verifying the relevance, accuracy, and suitability of any information presented before applying it in any real-world context. All information is provided “as is” without warranties of any kind, express or implied, including accuracy, completeness, or fitness for a particular purpose.

2. Paid Membership Subscription

Swim Parent Guide is a subscription-based service. By subscribing, you agree to pay the published membership fee, which grants access to digital content only.

- Subscription payments are processed securely via third-party providers (e.g. Stripe, Telegram Payments).
- Unless cancelled, subscriptions automatically renew at the end of each billing cycle.
- Refunds are not available once a billing cycle has started, except where required by applicable consumer law.
- You may cancel your subscription at any time through the payment platform used. After cancellation, you will continue to have access until the end of your paid period.
- We reserve the right to suspend or terminate access if payment fails or is reversed. In such cases, no refund will be due for partial periods including where access has already been provided.

3. No Liability – Use at Your Own Risk

You understand and agree that any reliance on the content shared via this Channel is done entirely at your own risk.

The creators, administrators, contributors, and affiliates of Swim Parent Guide shall not be held liable for any:

- Injuries or accidents
- Physical, mental, or emotional harm
- Adverse health events
- Financial loss or damage
- Misapplication or misunderstanding of content

This limitation of liability applies to the fullest extent permitted by applicable law. In no event shall Swim Parent Guide or its affiliates be liable for any direct, indirect, incidental, consequential, special, or exemplary damages, even if advised of the possibility of such damages.

4. No Legal Claims or Complaints Permitted

By continuing to use or engage with this Channel, you waive the right to:

- File lawsuits or legal complaints
- Pursue claims for damages, compensation, or restitution
- Initiate dispute resolution processes against Swim Parent Guide or its contributors

This waiver is intended to apply globally, to the fullest extent permitted by applicable law. Nothing in these Terms excludes or limits rights that cannot be excluded under local consumer protection law.

5. Content Ownership and Usage Restrictions

All content, materials, and resources shared within the Channel are the intellectual property of Swim Parent Guide or its credited contributors, unless otherwise stated.

You may not:

- Copy, distribute, or reproduce content for commercial gain
- Republish materials in any format (digital or physical) without permission
- Claim authorship or misrepresent the origin of content

Limited personal use is permitted for non-commercial purposes (e.g. printing a checklist for home use). You may not alter, edit, or create derivative works from the content without permission. Any infringement, including unauthorised reproduction or distribution, may result in legal action.

6. Parental Responsibility

As a parent or guardian, you retain full responsibility for your child's safety, physical well-being, and training decisions. Your child should never be left unattended in or near water, regardless of any content or guidance provided on this Channel.

Swim Parent Guide does not monitor your child's environment, coach interactions, or health conditions. You agree to:

- Seek professional medical or coaching advice where appropriate
- Monitor your child's reactions and behaviour after applying tips
- Adapt any advice to suit your child's unique needs and limitations

7. Not a Substitute for Emergency or Professional Support

If your child experiences injury, distress, or health issues, do not rely on this Channel for diagnosis, treatment, or emergency advice.

Always seek guidance from:

- Certified swim coaches
- Licensed medical providers
- Emergency services in urgent situations

Swim Parent Guide does not offer real-time support, crisis response, or medical triage. This Channel is not monitored continuously. Do not rely on it for urgent or time-sensitive communication.

8. Changes and Updates

These Terms & Conditions may be revised at any time without prior notice. Updates will be posted in this document and/or via the Channel bio or pinned message.

It is your responsibility to review these Terms periodically and stay informed of any changes. Continued use of the Channel after updates constitutes acceptance of the revised Terms.

9. Jurisdiction and Enforceability

These Terms are governed by and construed in accordance with the laws of Ireland, without regard to conflict of law principles. They are intended to apply globally to the fullest extent permitted by local law.

If any provision in this document is found to be unenforceable or invalid under specific local laws, that provision shall be modified or removed to the minimum extent necessary, and the remainder shall remain fully enforceable.

10. Acceptance of Terms

By subscribing to or interacting with Swim Parent Guide, you confirm that:

- You are at least 18 years old or have parental/legal authority
- You understand and agree to all Terms listed above
- You acknowledge that the service provides informational content only, not personalised coaching or medical advice
- You waive any present or future legal claims related to the Channel or its content, to the fullest extent permitted by applicable law. By continuing to access or use the service after the Effective Date, you are deemed to have accepted these Terms.

If you do not agree with these Terms & Conditions, please exit and cancel your subscription.

For questions or concerns (non-legal), please contact the Channel admin directly through Telegram.

Thank you for being a part of the Swim Parent Guide community.

Together, let's make your child's swim journey safe, positive, and empowered.