



INSURANCE GUIDANCE STATEMENT

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Flutes du Soleil is fully insured for our musical activities, and we ask all participants to complete a PARQ (Physical Activity Readiness Questionnaire) to ensure that we understand your current state of health and any medical conditions that may affect how we direct the course.

The morning yoga sessions and all outdoor activities, including hillwalking and swimming, are at the participant's own risk. We recommend that you take out an appropriate travel insurance policy that covers these activities.

Until the outcome of Brexit is more certain, we also recommend that participants obtain an EHIC (European Health Insurance Card), which is available from the NHS for free at www.ehic.org.uk, and gives you access to state-provided healthcare across Europe. It may be a condition of your travel insurance that you have obtained an EHIC card.

We would be happy to answer any questions you may have by emailing us at: info@flutesdusoleil.com.