

Terms and conditions

This document delineates the terms of use of the Plan50+ platform. Use of the platform includes accessing, browsing, or registering to use the www.plan50plus.eu website.

By using the platform you confirm that you accept these terms of use and that you agree to comply with them. Please read these terms of use carefully before you start to use the platform.

If you do not agree to these terms of use you must not use the website.

plan50plus.eu is the result of a European project, Activ I Healthy Active Living for Seniors (LIFELONG LEARNING PROGRAMME. Project No: 539664-LLP-1-2013-1-DE-GRUNDTVIG-GMPActiv_I). This project has been funded with support from the European Commission. This platform reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Changes to these terms

We may revise these terms of use at any time by amending this page. Please check this page from time to time to take notice of any changes we have made as they are binding on you.

Changes to our platform

We may update the platform from time to time, and may change the content at any time. However, please note that any of the content on our platform may be out of date at any given time, and we are under no obligation to update it.

We do not guarantee that the platform, or any content on it, will be free from errors or omissions.

Accessing our platform

The platform is made available free of charge.

We do not guarantee that the platform, or any content on it, will always be available or be uninterrupted. Access to the platform is permitted on a temporary basis. We may suspend, withdraw, discontinue or change all or any part of the platform without notice. We will not be liable to you if for any reason the platform is unavailable at any time or for any period.

You are responsible for making all arrangements necessary for you to have access to the platform.

You are also responsible for ensuring that all persons who access the platform through your internet connection are aware of these terms of use and other applicable terms and conditions, and that they comply with them.

Your account and password

If you choose, or you are provided with, a username, password or any other piece of information as part of the security procedures, you must treat such information as confidential. You must not disclose it to any third party.

We have the right to disable any username or password, whether chosen by you or allocated by us, at any time, if in our reasonable opinion you have failed to comply with any of the provisions of these terms of use. When there is a clear intent to mislead others through the unauthorised use of a trademark or brand name, we have the right to suspend the account and notify the account holder.

When we determine that an account appears to be confusing users, but is not purposefully passing itself off as the brand name or trademarked good or service, we will give the account holder an opportunity to clear up any potential confusion. We may also release a username for the brand name or trademark holder's active use.

If you know or suspect that anyone other than you knows your username or password, you must promptly notify us at email address info@plan50plus.eu.

Intellectual property rights

We are the owner or the licensee of all intellectual property rights in the platform, and in the material published on it. Those works are protected by copyright laws and treaties around the world. All such rights are reserved.

You may print off one copy, and may download extracts, of any page(s) from the platform for your personal use and you may draw the attention of others within your organisation to content posted on our platform.

You must not modify the paper or digital copies of any materials you have printed off or downloaded in any way, and you must not use any illustrations, text or any graphics separately from any accompanying text.

Our status (and that of any identified contributors) as the authors of content on the platform must always be acknowledged.

You must not use any part of the content on the platform for commercial purposes without obtaining a licence to do so from us or our licensors.

If you print off, copy or download any part of the platform in breach of these terms of use, your right to use our platform will cease immediately and you must, at our option, return or destroy any copies of the materials you have made.

No reliance on information

The content on the platform is provided for general information only. It is not intended to amount to advice on which you should rely. You must obtain professional or specialist advice before taking, or refraining from, any action on the basis of the content on our platform.

Although we make reasonable efforts to update the information on our platform, we make no representations, warranties or guarantees, whether express or implied that the content on our platform is accurate, complete or up-to-date.

Limitation of our liability

Nothing in these terms of use excludes or limits our liability for death or personal injury arising from our negligence, or our fraud or fraudulent misrepresentation, or any other liability that cannot be excluded or limited by the law.

To the extent permitted by law, we exclude all conditions, warranties, representations or other terms which may apply to our platform or any content on it, whether express or implied.

We will not be liable to any user for any loss or damage, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, even if foreseeable, arising under or in connection with:

- use of, or inability to use, the platform; or
- use of or reliance on any content displayed on the platform.

Please note that we only provide the platform for domestic and private use. You agree not to use the platform for any commercial or business purposes, and we have no liability to you for any loss of profit, loss of business, business interruption, or loss of business opportunity.

We will not be liable for any loss or damage caused by a virus, distributed denial-of-service attack, or other technologically harmful material that may infect your computer equipment,

computer programs, data or other proprietary material due to your use of the platform or to your downloading of any content on it, or on any website linked to it.

We assume no responsibility for the content of websites linked on the platform. Such links should not be interpreted as endorsement by us of those linked websites. We will not be liable for any loss or damage that may arise from your use of them.

Uploading content to our platform

Whenever you make use of a feature that allows you to upload content to our platform, or to make contact with other users of our platform, you must comply with the content standards set out in our Acceptable Use Policy .

You warrant that any such contribution does comply with those standards, and you will be liable to us and indemnify us for any breach of that warranty.

Any content you upload to our platform will be considered non-confidential and non-proprietary. You retain all of your ownership rights in your content, but you are required to grant us and other users of the platform a limited licence to use, store and copy that content and to distribute and make it available to third parties. The rights you licence to us are described in the next paragraph (Rights you licence).

We also have the right to disclose your identity to any third party who is claiming that any content posted or uploaded by you to our platform constitutes a violation of their intellectual property rights, or of their right to privacy.

We will not be responsible, or liable to any third party, for the content or accuracy of any content posted by you or any other user of the platform.

We have the right to remove any posting you make on the platform if, in our opinion, your post does not comply with the content standards set out in our Acceptable Use Policy .

The views expressed by other users on our platform do not represent our views or values.

Rights you licence

When you upload or post content to our platform, you grant the following licenses:

- You grant to us a worldwide, perpetual, non exclusive, royalty-free licence (with the right to sub-licence) to use, copy, reproduce, process, adapt, modify, publish, transmit, display and distribute in any and all media or distribution methods.

Viruses

We do not guarantee that the platform will be secure or free from bugs or viruses.

You are responsible for configuring your information technology, computer programmes and platform in order to access the platform. You should use your own virus protection software.

You must not misuse our platform by knowingly introducing viruses, trojans, worms, logic bombs or other material which is malicious or technologically harmful. You must not attempt to gain unauthorised access to the platform, the server on which the platform is stored or any server, computer or database connected to the platform. You must not attack our platform via a denial-of-service attack or a distributed denial-of service attack. By breaching this provision, you would commit a criminal offence under the Computer Misuse Act 1990. We will report any such breach to the relevant law enforcement authorities and we will co-operate with those authorities by disclosing your identity to them. In the event of such a breach, your right to use the platform will cease immediately.

plan50plus (Plan50+) is protected by copyright and we have exclusive use of that name.

Contact us

To contact us, please send an email to info@plan50plus.eu.

Thank you for visiting our platform.

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____

SIGNATURE _____

DATE _____

SIGNATURE OF PARENT _____

WITNESS _____

or GUARDIAN (for participants under the age of majority)

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.