



NEW

SPORT

TERMS & CONDITIONS

Informed consent – liability waiver

If you are unable to attend a training session you must provide me with **24 hours** notice.

If you are unable to provide me with 24 hours notice then the **normal session cost** will apply.

If I am unable to attend a training session, I will also provide you with **24 hours** notice.

Due to my appointment system and number of clients, punctuality is critical. Should you be late, the session must still end on time.

All payments are to be paid in full, unless otherwise agreed.

All payment details are kept confidential.

When purchasing a sessions pack, payment is to be made prior to your first session.

Please bring to each session your own water bottle and sweat towel. Please be courteous and switch your phone off. If you are expecting an important phone call, please let me know prior to the session.

It is your responsibility to bring along any necessary medications, eg. Asthma puffer, insulin, etc.

Please ensure you have eaten adequate food before your session (45 minutes – 1 hour prior).

There is a one-fortnight cancellation notice period of regular sessions. This is to ensure safety of training you out of a program.

This is a legal document that affects your rights. Agreement for participating in personal/group strength, fitness & conditioning training. The ‘Trainer’ refers to the coach appointed by Newington College. The ‘Activity’ refers to the participation in personal/group strength, fitness & conditioning training & general advices.

I acknowledge that it is a condition of participating in this activity that I do so at my own risk.

I accept all risks & hereby indemnify & release the trainer, their agents, affiliates, employees, members, sponsors, promoters & any person or body directly & indirectly associated with the Trainer, against all liability (including liability for their negligence & the negligence of others), claims, demands, & proceeding arising out of or connected with my participation in this activity.

This release & indemnity continues forever and binds my heirs, successors, executors, personal representatives & assigns.

I acknowledge that participating in this Activity may involve a risk of serious injury or even death from various causes including: over exertion, dehydration, equipment failure & accidents with equipment & surroundings.

I recognize that difficulties associated with the Activity & attest I am physically fit to participate safely in the Activity & that a qualified medical practitioner has not advised me otherwise.

I understand the demanding physical nature of this Activity. I am not aware of any medical condition, injury or impairment that will be detrimental to my health if I participate in this Activity. In the event that I become aware of any medical conditioning, injury or impairment that may be detrimental to my health if I participate in this Activity my Trainer will be immediately informed. By continuing to participate in this Activity, I accept the risks despite these conditions & am still, & will always be under the terms of this agreement.

I certify that I am 18 years or older & have read this document & fully understand it OR

As a parent or guardian of the participant (a) I agree to the above for myself & on behalf of the participant & (b) I indemnify & will keep indemnified any person or body directly or indirectly associated with the conduct of the Activity on the terms referred to.

General Advice

Work at a lower intensity during your initial training sessions. Concentrate on learning to do the exercises properly with good form. With each session you will be able to work a little harder.

Should you suffer any injury, illness or condition in the future, please notify your trainer by completing this form again. It is recommended that males over 35 & females over 40 should have a medical assessment prior to commencing a training program if they have been inactive for a number of years. You are advised to attend no more than 2x individual training sessions within a 3 day period.

Client agrees to be honest in communication of any health conditions to insure the best outcome for success & avoid any unnecessary setbacks in goal attainment. The coach can offer modifications to the training program & make recommendations for lifestyle modifications.

Client is aware that the approach is multidisciplinary if imbalances come up outside of the coaches area of knowledge a referral will be made to the appropriate Health Practitioner to insure results.

Client will agrees to the above cancellation policy. If the coach cancels a session within 24hrs a rescheduled session will be given at no cost to the client.

Disclaimer: "I understand that health, exercise & lifestyle consulting is not intended as diagnosis, prescription, treatment or cure for any disease & is not intended as a substitute for regular medical care".

Client agrees to hold themselves responsible for results.

Client: Date/...../20.....

Coach: Date/...../20.....

Congratulations on making the choice to take responsibility for your own health, success & happiness.