

Client-Trainer Agreement



Aims

- The trainer will use their skills and knowledge to design a safe programme of exercise that will take into account the personal goals, physical ability, fitness level, injury and exercise likes/dislikes.
- The trainer will provide the coaching, supervision, advice and support that the client needs to help them achieve their goals. The client's progress will be regularly monitored and the programme revised and adjusted accordingly.
- The trainer will provide all necessary equipment and will organise appropriate venues for all training sessions.
- All client information will be kept strictly private and confidential. If the trainer requires further medical information from a practitioner, the client must provide such details. It is understood between client and trainer that both will commit to the programme and give 100% effort.
- The client is required to arrive on time to a training session so that a full session can be achieved on each visit.
- The client is required to wear appropriate clothing and clean footwear. Clothes should be loose non-restrictive of movement. Footwear should be comfortable and provide adequate support.

Health Screening

All clients must complete a PAR-Q before commencing any exercise programme.

Your trainer may require a letter of 'medical clearance' from your GP.

Cancellation Policy

- Notice of less than 48 hours notice will incur full payment of the session fee.
- Please give as much notice as possible if a reschedule is unavoidable. Your training slot is sought after and reschedules are discouraged to allow the trainer maximum productivity for planning and smooth running of business outside of coaching hours.

Lateness Policy

- If the client is late for a session the session will not be extended and will end at the appointed time.
- If the trainer is late, additional time will be added to the session or to subsequent sessions.

Fee Charging Policy

- Block bookings must be paid for in advance but sessions do not have to be booked in advance. All monies paid are non-refundable.
- Please make payments via bank transfer to:

T PAYNE TRAINING
Acc No. 53011852
Sort code: 20-68-15

I recognise and understand all the terms and conditions set between my personal trainer and myself and agree to follow all the guidelines set out above.

Client Signature: _____

Print Name: _____

Date: _____

Trainer Signature: _____

Print Name: _____

Date: _____