

Client – Trainer Agreement

Congratulations on your decision to participate in your own personal training programme!

- The trainer will use their skills and knowledge to design a safe programme of exercise that will take into account the client's personal goals, fitness levels and exercise likes and dislikes.
- The trainer will provide the coaching, advice and support that the client may need to help them achieve their goals. The client's progress will be regularly monitored and the programme revised and adjusted accordingly.
- It is understood between trainer and client that both will commit to the programme and give 100% effort.
- In order to maximise progress, it will be necessary for the client to adhere to the programme and guidelines given.
- During the programme, every effort will be made to assure the client's safety. However as with any exercise, there are risks including increased heart stress and the chance of musculoskeletal injuries. By volunteering for this programme, the client agrees to assume responsibility for these risks.
- The trainer will provide all the necessary equipment.
- All client information will be kept strictly private and confidential. If the trainer requires further medical information from a practitioner for the purpose of the programme, the client must provide details where possible.
- The client is required to wear appropriate clothing and footwear. Clothes should be loose fitting and non-restrictive. Footwear should be comfortable and provide adequate support.

Personal Training Terms and conditions

1. Health Screening

- All clients must complete the PAR-Q and Health/Lifestyle questionnaires before commencing any exercise programme.
- Your trainer may require a letter of 'medical clearance' from your GP. Please be aware that your GP may charge you for this.

2. Cancellation Policy

- 48 hours notice of cancellation is required for all appointments.
- Notice of between 24 and 48 hours will require a 50% payment of the session fee.
- Notice of less than 24 hours notice will incur full payment of the session fee.

3. 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. Or the client will be reimbursed for the time lost.

4. Fee Charging Policy

- Payment for single sessions must be made at the time of booking. Cheques to be made payable to 'Dawn Barratt-Johnson'.
- Block bookings must be paid for in advance BUT individual sessions do not have to be booked in advance.

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's Signature:

Print Name:

Date:

Trainer's Signature:

Print Name:

Date: