

CLIENT AGREEMENT



I, the client...

- 1) Understand and agree to the cancellation policy.
- 2) Have completed the PARQ and provided correct information.
- 3) Will keep my trainer updated and informed of any changes to my health. (This includes all medical conditions : physical and mental, injuries, allergies, and medication.)
- 4) Know that my personal details will be kept confidential in accordance with the privacy policy which can be found on our website.
- 5) Acknowledge that each session will comprise of a warm up and cool down, with exercises and activities chosen in line with goals and ability.
- 6) Am aware that with consent, pictures and videos may be taken for social media and/or used for success stories.
- 7) Recognise that I may receive email and text marketing from In The Bag and am able to unsubscribe/opt out at any time.
- 8) Agree that all arrangements for sessions, including times, day, payments etc must be confirmed in writing (text or email).
- 9) Will be prepared for each session. Be on time ready to train and dressed appropriately. I will have eaten a snack or light meal 2 -3 hours before, and will be hydrated. I will also bring water to sessions, and avoid alcohol before training.
- 10) Accept the potential risks with each session. I understand that the risks will be explained to me and that I'll be coached accordingly. I declare myself physically able and therefore accept responsibility.
- 11) Will endeavour to try my best. I realise that I will be given the tools and encouragement to reach goals but the success of sessions ultimately comes down to me.
- 12) Pledge to communicate. To ask questions about training, session requests, notification of sickness, talk through worries and concerns, give feedback, etc.

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Client

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Trainer