

CLIENT – TRAINER AGREEMENT



SYLVIA WOLFER
PERSONAL TRAINING / PILATES

Please read carefully before completing and signing

The trainer will use their skills and knowledge to design a safe programme of exercise that will take into account the personal goals, fitness levels and exercise likes and dislikes.

The trainer will provide the coaching, supervision 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. 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 footwear. Clothes should be loose fitting and non-restrictive. Footwear should be comfortable and provide adequate support. A bottle of water and a towel are recommended.

Personal Training Terms and Conditions Health Screening

All clients must complete a PAR-Q before commencing any exercise programme (see below). Your trainer may require a letter of 'medical clearance' from your GP. Please be aware that your GP may charge you for this.

Client will communicate any discomforts, pain or concerns experienced during or arising from a session.

Explanation of the training sessions:

During each training session with your personal trainer you will perform a number of exercises. These exercises will vary in intensity. You will be monitored closely throughout and only asked to complete exercises appropriate to your fitness level. Your trainer may stop any test at any time because of signs of fatigue or, you may stop when you wish because of personal feelings of fatigue or discomfort.

Risks and discomforts - there exists the possibility of certain changes occurring during these exercises. They include abnormal blood pressure, fainting, disorder of heartbeat and in rare instances, heart attack, stroke or death. Every effort will be made to minimise these risks by evaluation of preliminary information relating to your health and fitness and by observations during training. Trained personnel are available to deal with unusual situations that may arise.

Responsibilities of the client - information you possess about your health status or previous experiences of unusual feelings with physical effort may affect the safety and value of your workout. Your prompt reporting of feelings of effort during the workout itself is also of great importance. It is your responsibility to fully disclose such information when requested.

Freedom of consent - your permission to perform the exercises is voluntary. You are free to deny, consent or stop at any point, if you so desire.

PAR-Q Please answer either YES or NO

- Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor? NO YES
- Do you feel pain in your chest when you do physical activity ? NO YES
- In the past month, have you had a chest pain when you were not doing physical activity ? NO YES
- Do you lose you balance because of dizziness or do you ever lose consciousness ? NO YES
- 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 ? NO YES
- Is your doctor currently prescribing medication ? NO YES
- Do you know of any other reason why you should not do physical activity ? NO YES
- Is there any injury or medical condition, past or present, you think I should be aware of ? NO YES

YES to one or more questions: You should consult with your doctor to clarify that it is safe for you to become physically active at this current time and in your current state of health. A medical clearance will be requested by your trainer.
NO to all questions: It is reasonably safe for you to participate in physical activity, gradually building up from your current ability level. A fitness appraisal can help determine your ability levels.

Cancellation Policy

24 hours notice of cancellation is required for all appointments. Notice of less than 24 hours will incur full payment of the session fee.

Lateness Policy

If the client is late for a session the session will not be extended and will end at the appointed time. Any time lost due to client tardiness is considered part of the appointment and is non-refundable. The Trainer is expected to wait 15 minutes for a client at which time the session is forfeited.

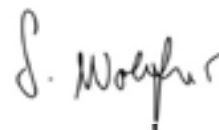
Fee Charging Policy

According to the current price list, payment for single sessions must be made at the time of booking or session. Initial payment is due before start of first session, thereafter monthly payments will run on a standing order, which is to be paid on the 1st of each month. All monies paid are non-refundable.

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. I have also read, understood and accurately completed the health questionnaire. I confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury.

Client Sign:

Trainer Sign:



Print Name:

Print Name: SYLVIA WOLFER

Date:

Date:

PERSONAL INFORMATION:

- Name:
- Surname:
- Date of birth:
- Phone Number:
- Email:
- Emergency Contact (name and phone number):