

Client – Trainer Agreement

Congratulations on your decision to take steps to work towards living a happier and healthier lifestyle. I would like to take this opportunity to outline some guidelines and explain not only my expectations of you throughout our partnership but also what you can expect from me.

My commitment to you:

a. Confidentiality.

All information you give me will be kept in confidence. Your personal details and medical information will not be made available to third parties unless permission to do so is granted by you.

b. Recommendations.

Using my judgment and experience, I will suggest certain exercises and other lifestyle advice that I believe will help you achieve your personal goals, but if at any time you have specific requests please tell me so I can accommodate them.

c. Referral.

I intend to work with you within the scope of my knowledge and competencies as a Personal Trainer. Therefore when I believe it is in your best interests to see another health professional, I will refer you appropriately.

d. If I (the trainer) cancels or runs late:

Unforeseen circumstances may arise which require our sessions to be rescheduled. In this event the following policy will apply:

- If I am forced to cancel our session within 24 hours I will make up the session at no charge to you.
- If I am forced to cancel our session giving you more than 24 hours' notice I will reschedule as soon as possible.
- If I run late in starting our session I will extend the session time accordingly or make it up at a future date, whichever is most convenient to you.

2) Your responsibilities to me:

Disclosure of information.

Please disclose all health information as requested at our initial consultation and keep me updated and informed of any changes to your health status. This includes all medical conditions; physical and mental, injuries, allergies, and medication you are taking. If necessary, you may need to seek clearance from your doctor before participation in the exercise programme I recommend.

Accepting potential risks.

Whilst for most people exercise is hugely positive with many health benefits, there remains some risk that I require you to be aware of and for you to sign the informed consent and disclaimer that I will provide.

If you (the client) run late:

- If you (the client) are late to a session, I will do my best to get the most out of the remaining time left in the session as I am unable to run over time due to previously arranged client commitments.

Commitment to the program

Please ensure that you remain committed to the program for the duration of the term we agree upon. This will include honesty when reporting back to me, staying up to date with Truecoach & your food diary (where applicable) and ensuring that you are attending 1:1 sessions as planned.

When we agree to work together, we make a commitment to look after your health to the best of our ability for the duration of the block. If your compliance on True Coach, attendance of sessions or provision of information (progress updates, weigh ins or measures etc) is not as expected (higher than 75%) I will cease updating your program and checking your food diary etc until it is up to date. I am unable to forward plan without the 'whole picture' and to guarantee excellent results, I require a certain level of commitment.

Of course sometimes things will unavoidably set you off track or routine and if this is the case, please let me know as soon as possible so that we can work together to ensure you continue to benefit from the program in whatever capacity suits your new circumstances.

SERVICES PROVIDED:

The Client agrees to engage the Contractor to provide the Client with the following services:

1:1 in person training sessions as agreed (1-3/week for 4 weeks depending on agreement)	
Remote support via Truecoach, messages & any other forms of contact	
Recording & monitoring progress in a variety of ways, including but not exclusive to TrueCoach	
The services will also include any other tasks both parties may agree on.	

The term of this agreement is as per the package agreed on by Client & Contractor (either 4 weeks unless otherwise agreed). The Term may be extended with the written consent of both parties.

CURRENCY

All monetary amounts referred to in this agreement are in GBP.

PAYMENT

The Contractor will charge the Client a flat fee depending on the package chosen by The Client:

	The Barn	Mobile
1 session / week for 4 weeks =	£180	£TBC
2 sessions / week for 4 weeks =	£310	£TBC
3 sessions / week for 4 weeks =	£420	£TBC
Remote Coaching for 1 Month =	£225.00	

The Barn refers to sessions which take place at The Barn Boxing & Fitness, OX18 2SP. Mobile refers to sessions which take place anywhere else.

24 hours notice is required to reschedule sessions. If less than 24 hours notice is provided by the Client, the session will come off the block as if it has been used. \

Where sessions are rescheduled, they must still be used within the time frame agreed (according to package chosen). The contractor is not obliged to fulfil sessions not used within the agreed time frame. Usually sessions are lost.

The fee is to be paid to secure the first appointment. Once we have agreed how many and which are, please make payment for the total number of sessions until the last day of the month, unless otherwise agreed.

Name: Brennan's Gym Ltd
Sort Code: 04-06-05
Account Number: 17464359

Monthly payments are due by 1st of each month. We will agree and book all sessions monthly.

The contractor will be responsible for all income tax liabilities and national insurance or similar contributions relating to the payment.

The sessions are non refundable and non transferable.

Client is to read and confirm acceptance of the Contractor's 'Covid Boundaries' letter. If it is necessary to undertake 1:1 sessions via Zoom rather than in person due to the Client breaking government guidelines, the monetary difference between in person and zoom sessions will not be reimbursed.

AUTONOMY

Except as otherwise provided in this letter, the Contractor will have full control over working time, methods and decision making in relation to the provision of the services in accordance with the agreement. The Contractor will work autonomously and not at the direction of the Client. However, the Contractor will be responsive to the reasonable needs and concerns of the Client.

MODIFICATION OF AGREEMENT

Any amendment or modification of this agreement or additional obligation assumed by either party in connection with this agreement will only be binding if evidenced in writing signed by each party or an authorised representative of each party.

If you have any queries or concerns regarding any of the points raised in this letter, please don't hesitate to contact me to address them.

I am really looking forward to working with you and making progress towards your health & lifestyle goals.

Yours Sincerely,

Harriet Healey
The Barn Boxing & Fitness