

Strength Club – Koru Gym

Informed Consent Form and Terms of Service

Liability Release

- I, the member hereby releases, indemnifies, and holds harmless, the coach and club from any and all manner of actions, causes of action, suits, proceedings, debts, dues, contracts, judgments, damages, claims and demands whatsoever in law or equity stemming from the agreement between the below mentioned parties.
- I, the member expressly agrees that this release, waiver, and indemnity clause is intended to be as broad and inclusive, and if any portion thereof is held invalid, it is agreed the balance shall, notwithstanding, continue in full legal force and effect.
- I, the member, have no known physical or mental condition that would impair my capability to participate fully, as intended or expected of me.
- I, the member, have carefully read the foregoing release and indemnification clause and understand the contents thereof.
- I, the member, fully understand the risks of participating in physical activity and agree that the coach or club shall not be held liable in the case of any training related injury or death.

Terms and Conditions

- The member acknowledges before beginning, implementing, or using any and all of recommendations provided, that the member should consult a medical doctor.
- The member acknowledges that the member is not authorised to disseminate, share, convey, or transfer any recommendation, either orally or written, provided by the coach without his express written consent.
- It is the responsibility of the member to adhere to their plans and promptly inform your coach if issues or concerns arise.
- If, at any time, the member feels undue pain or excessive discomfort, the member must stop the activity and inform the coach of your symptoms. The member is free to stop the activity at any time.
- All activities will be explained and demonstrated for the member wherever necessary but the member is encouraged to ask any questions about anything the member wishes. Any exercise programme inherently carries with it an element of risk. The training prescription and coaching process aims to minimise risk, whilst maximising performance potential.
- The member agrees to disclose all health information as requested during the initial consultation and to keep the coach informed of any changes to the member's health status. This includes all medical conditions; physical and mental, injuries, allergies, and any medication the member is taking.
- The services provided are strictly for lifetime drug free athletes. The member agrees to never be involved with performance enhancing drugs or utilise services from other relevant professionals that have been associated with performance enhancing drugs or have served a ban. Athletes may have illness or medical conditions that require them to use medication that may be in the WADA Prohibited List, if this is the case, the member must inform the coach and apply for a Therapeutic Use Exemption. <https://www.wada-ama.org/en>
- In consideration of the above referenced release, the named parties have agreed to the following terms:

Privacy Policy

- All personal data collected, stored and utilised only for the purpose of informing coaching practices.
- The privacy of your information is important to us. We will not share your information with any other party.
- We take reasonable steps to protect your information and treat your information with strict confidentiality.
- All data is stored and secured with password encryption on Google Drive and on a secure laptop.

- The exemption from the above clause is that we may use your training video footage with your permission to promote on social media platforms such as but not limited to Instagram and Facebook. The member reserves the right to keep all training footage that is sent completely private.

Services Agreement

SERVICES INCLUDED

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FREE TRIAL

All attendees are entitled to a single free trial class, to be booked in via the Strength Club booking page (see bottom of page)

MEMBERSHIP - **£80.00 per month**

Memberships cover **48 weeks per year**, with the remaining 4 weeks taken as holiday as decided by the coach. Members can attend unlimited classes (up to three per week). Memberships are paid via paypal or Stripe, and can be set up at the Strength Club Members Area. Members must book in to the sessions they wish to attend via the booking page (and select 'skip and book' at the payment page). Cancellations should be made **at least 24 hours before the start of the class**. In the event of **three** late cancellations, members will be barred from booking into any classes for 7 days, after which the suspension will be lifted and the 'strikes' taken back to zero.

PAY AS YOU GO - **£20.00 per session**

Pay as you go sessions must be booked **and paid for** via the booking link. Payment details should be entered at the check out page. Cancellations must be made **at least 24 hours before the start of the class** so that the wait list can be informed. If the cancellation is made in time, a full refund will be given. In the event of a late cancellation, no refund is given and the session is considered lost.

GENERAL BOOKING INFORMATION

- Booking opens 3 months in advance. Bookings should be made via the booking link (see below)
- Once you have booked in, you will receive a confirmation email and reminders. In the event you need to cancel, you will find a link to do so in your booking confirmation.
- Classes are **limited to five people**. In the event that a class is fully booked, please email the coach (see below) to request to be added to the wait list for that class

COMMUNICATION: Please contact the coach via email if you have any concerns or questions.

REFUNDS: Strictly no refunds once services have begun.

COMPLAINTS: The coach will treat all complaints seriously. If the member is having an issue or has a complaint, the member should email the coach.

LINKS AND CONTACT

Booking Page: <https://booking.setmore.com/scheduleappointment/dff32b22-d09a-4e72-9c86-ffddc51806c5/class/03a6b228-e69f-4591-9ee2-e8629645207c>

Website: www.strength-club.co.uk

Coach email: cs.strengthcoach@gmail.com