

Active Rebel Terms Conditions

Introduction

Your agreement is with Active Rebel Trainer Nathan who delivers your training.

These Terms and Conditions form part of your agreement with Nathan you understand that Nathan is self-employed and that you are entering into a contract with him alone.

Your instructions to commence personal training will constitute acceptance of these 'Terms and Conditions' when you will become a client ("Client" or "you"). You are asked to pay special attention to the provisions related to cancellations. This does not affect your statutory rights.

Trainer Obligations

The Trainer (Nathan) will use his skills and knowledge to design a safe programme of exercise that will consider your lifestyle, personal goals, fitness levels and medical history.

The Trainer will provide the coaching, supervision, advice and support that you will need to achieve your goals. Apart from the initial consultation (and the first online personal training session if taken immediately afterwards) each personal training session will last for the time discussed and agreed before the session.

You understand that the results of any fitness programme cannot be guaranteed. Your progress depends on your effort and co-operation in and outside of the Online Personal Training Sessions/Trainerize Training. You acknowledge that individual results may vary and that no particular result is guaranteed by your Trainer.

All Client information will be kept strictly private and confidential.

Your Obligations

It is understood between you and your Trainer that both must commit to your training programme 100% in order for you to achieve results. This is during the Online 1 on 1 Personal Training sessions and when completing the Trainerize workouts by yourself.

The Trainerize schedule is designed for clients based on their fitness, ability and any pre-existing medical conditions or injuries they have. If you have somebody who chooses to participate in the Trainerize workout with you, it is recommended they seek professional medical advice before participating to ensure they are fit and fully able to perform the exercise. You are required to arrive on time for each online session so that the Trainer's full training plan is achieved on each visit.

You are required to wear appropriate clothing and footwear.

You are required to complete a Physical Activity Readiness Questionnaire ("PARQ") before undertaking your first online personal training session or fitness program.

Your Trainer may require a letter of 'medical clearance' from your GP.

You understand and agree that it is your responsibility to inform the Trainer of any conditions or changes to your health, now and ongoing, which might affect your ability to exercise safely and with minimal risk of injury.

If your Trainer requires further medical information from a practitioner, you must provide such details.

You understand that there are inherent risks in participating in a programme of strenuous exercise. If you sustain or claim to sustain any injury while participating in training, you acknowledge that the Trainer is not responsible, except where the injury was caused by his gross negligence or intentional act.

Your Trainer cannot be held liable in any way for undeclared or unknown medical conditions.

If you bring children or minors to the Session/Class they remain your responsibility throughout and the Trainer cannot be held liable.

Payments

All payments must be made in full prior to any sessions being undertaken or fitness program started.

Once payment has been received the pre-discussed online personal training program will start and the Trainerize schedule will be updated and you will be given access to it, to complete alongside your PT sessions.

Cancellation and Refunds

12 hours' notice of cancellation or postponement is required for all appointments. Notice of less than 12 hours will incur full payment of the full session fee.

The Trainer will do his best to reschedule at no extra cost where possible but cannot guarantee this will always be possible.

Once purchased, your sessions are non-refundable and non-transferable. Online Personal Training sessions have a validity of 2 months from the date of purchase and are not able to be extended (without valid reasoning). Your Trainerize fitness program will be valid for the duration of your paid subscription.

Lateness Policy

If You are late to the session, it cannot be extended and will end at the appointed time. The Trainer will do his best to accommodate any special circumstance but cannot guarantee it will always be possible.

If the Trainer is late, additional time will be added to the session or to subsequent sessions.

Health and Safety

Your Trainer has completed and holds a current certificate for emergency first aid at work approved by the Health and Safety Executive.

Your Trainer has £5 million public liability insurance cover (supplied by REPS which is now part of CIMPSA)

If your Trainer conducts the Sessions/Classes on your premises you are responsible for providing a safe exercise environment.

General

You understand that in the unlikely event of your Trainer being unable to continue your training, for any reason, you can request a full refund from your Trainer for any unfulfilled sessions.

The Trainer has the right to change these Terms and Conditions, for example, to be able to offer new services or as required by law. The Trainer will notify you of any change.

When such a change(s) is made, if dissatisfied you can cancel this agreement once you have made any payments already due to the Trainer.

You are responsible for keeping all your contact information and marketing preferences up to date with the Trainer.

In order to comply with the General Data Protection Regulation 2016/679 (GDPR), the Trainer will only do what you ask him to do, or what you have given him permission to do with any personal or sensitive information held about you.

Your training may be filmed or pictures taken for marketing purposes. Your participation in a session means you consent to photography, filming and sound recording which may include you as a Client and its use in commercial distribution without payment or copyright.

This photography and filming could be used by Active Rebel for social media purposes. If you are not comfortable with this please inform me.

This agreement is governed by the laws of England and Wales and is subject to the jurisdiction of the English courts.

Safe and happy training to you 😊