CONTRACT FOR GEORGIE ISLIP, RUNNING AND ONLINE TRAINING COACH

Georgie Islip Running and Online Training Coach (herein referred to as “Georgie Islip Coaching”) agrees to provide Georgie Islip Online Training program (herein referred to as “Online Program”) or Georgie Islip Running Coaching (herein referred to as “Running Coaching”). The client athlete agrees to abide by all policies and procedures as outlined in this agreement as a condition of their participation in the program.

1. Payment Terms

1. Initial payments are required upfront and subsequent payments will be invoiced on or before the 20th of each month to be paid within 10 days.
2. Payment can be made by e-transfer, Visa or Mastercard.
3. Payment by Visa or Mastercard will incur a 3% charge.
4. Late payments of more than 10 days from invoice date will be charged an additional 5% of the total amount.

2. Minimum Contract commitment.

Minimum contract term for the Online Program is three months from start date.

3. Termination of training

Georgie Islip Coaching is committed to providing all client athletes in the Online Program and Running Coaching with a positive experience. However, if the Client athlete fails to regularly update or keep in regular communication with Georgie Islip Coaching then the termination of the contract with the client will occur.

Alternatively if the client athletes wishes to terminate the contract then **one months notice** must be given in order for the contract to be terminated. **Payment for this last month must be paid due to the accrued work on pre-planning training blocks prepared by Georgie Islip coaching.**

4. Client athlete’s responsibility

The client athlete accepts that if they do not follow the program or fail to update Georgie Islip Coaching with their progress then the program designed for them will not be specific to their needs. It is important that the client updates Georgie Islip Coaching with how they are performing with the training loads and exercises so these can be modified if necessary.

It is very important for the client athlete to update Georgie Islip Coaching if their situation changes in any way whether this be related to injury, sickness etc. Therefore modifications to their program can be taken into account.

Client athletes arriving late for Running Coaching will receive the remaining time due unless other arrangements have been previously made with Georgie Islip Coaching.

5. Rescheduling policy

To reschedule a call or Running Coaching meeting with more than 24 hours notice please text, call or email Georgie Islip Coaching to re-organise.

If the client athlete cancels with less than 24 hours notice or no-show for Running Coaching then the coaching session will be forfeited without refund.

Emergencies within 24 hours are an exception.

6. Confidentiality

All information provided by the client athlete will be held as confidential material by Georgie Islip Coaching and not disclosed.

FULL NAME (PRINTED)

SIGNATURE:

DATE:

LIMITATION OF LIABILITY

I, the undersigned, being aware of my own health and physical condition understand that by participating in any exercise program may be injurious to my health and physical condition. Having such information, I hereby indemnify Georgie Islip, Running and Online Training Coach from liability for accidental injury or illness whilst participating in the fitness or running program. I hereby assume all risks and consent to participate in the program.

I agree to disclose all relevant information, physical limitations, ailments, disabilities or important information which may affect my ability to participate in the fitness or running program.

This waiver of liability will include travel time, before and after any related exercise program organized by Georgie Islip, Running and Online Training Coach and will again indemnify Georgie Islip, Running and Online Training Coach, regardless of any negligence by Georgie Islip, Running and Online Training Coach.

I hereby agree to the above conditions and agree not to bring any legal action against Georgie Islip, Running and Online Training Coach for any reason whatsoever.

FULL NAME: (PRINTED)

SIGNATURE:

DATE: