



### MY COMMITMENT TO YOU

1. I will act within my scope of practice as a personal trainer. I will recognise when it is appropriate to refer to another professional or specialist.
2. Information that you share with me will be kept strictly confidential, I will not share private information with third parties. I will only disclose information to other professionals that is necessary and with the full permission of the participant.
3. I will come to sessions prepared and on time. In the event that I am late for a session, I will ensure that time is made up to the client at a time that is convenient to both parties.
4. If unforeseen circumstances arise that require our session to be rescheduled. The following policy will apply:
  - If I am forced to cancel within 24 hours I will make up the session at no charge to you
  - If I am forced to cancel our session by giving you more than 24 hours notice I will reschedule as soon as possible
  - If I run late in starting the session I will extend the session time accordingly or make it up at a future date.

Signed: \_\_\_\_\_ Personal Trainer

### CLIENT COMMITMENTS

1. I will disclose all health information as required at our initial consultation and I will keep you informed of any changes to my health status.
2. I understand that participating in physical activity and exercise can carry a risk, and I accept all responsibility for that risk.
3. I agree to give at least 24 hours' notice for cancellation of a session. I understand that if 24 hours is not given, or I fail to show up for the session the session fee will still stand.
4. I understand that payments must be made prior to the session commencing.
5. I agree to photos of me being taking and being shared on my social media platforms (please inform me if you would like to opt out of this).
6. I understand that if I run late for a session, the trainer will use the remaining time to complete a shortened session.

Signed: \_\_\_\_\_ Client