



*Thank you for choosing to work with us – let's get to work 😊*

### **Rescheduling:**

- You are granted one reschedule, as I understand things come up. If you need to reschedule please contact your coach at least 24 hours before your session or as soon as possible.
- If we have to reschedule due to heavy rain or winds, the session will be rescheduled at a time that suits both parties.

### **Communication:**

- For any injury or urgent questions please txt or call your coach. It is important we manage any issues together and your training will be modified accordingly.
- For any general quires please use the team buildr app messenger or txt your coach
- We're in the process of creating an exercise library with a video and explanation of each exercise. If there isn't a video for the exercise in question, please refer to YouTube. If the exercise is not on YouTube and you still have doubts, please message your coach.
- For those on the individual package your coach will book you in a Zoom session in week 3 of each 4-week training block.
- If you would like another Zoom or face-to-face session email us [coach@preparelikeapro.com](mailto:coach@preparelikeapro.com) contact your coach.

### **Finance:**

#### **Membership Fees**

- Direct Debit is the only method of payment accepted
- Fees are charged the first Wednesday of each month for 4- week packages. Fees for Zoom sessions or personal training sessions are charged the week of the rescheduled training session
- Missed payments will be automatically rescheduled to the following week. Ezidebit does charge a small fee for any missed payments.

#### **Change of Account Details**



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- Please email us with any changes to your personal or banking details [support@preparelikeapro.com](mailto:support@preparelikeapro.com)
- Changes to account details must be sent one week in advance.

### **Suspensions**

- All suspension requests must be sent to membership email [support@preparelikeapro.com](mailto:support@preparelikeapro.com)  
No other method of communication can be accepted
- Suspension requests must be sent **one week** in advance of next payment. The cut off for this request is 11:30pm each Wednesday

### **Cancellations**

- All cancellation requests must be sent to membership email [support@preparelikeapro.com](mailto:support@preparelikeapro.com)
- No other method of communication can be accepted.
- Cancellation requests must be sent **two weeks** in advance of next payment. The cut off for this request is 11:30pm each Wednesday
- You will always be welcome at the PLP and we will support you in any endeavour you choose. Please feel welcome to offer any feedback and ask the coaches for their advice going forward.

## FITNESS WAIVER AND RELEASE

### DETAILS

'Prepare Like A Pro' 97878290805

1. I agree to abide by the rules of Prepare Like A Pro I am responsible for any damage to the equipment which I may cause due to negligence.

2. I                   HEREBY WAIVE AND RELEASE, indemnify, hold harmless and forever discharge Prepare Like A Pro -, and its agents, employees, officers, directors, affiliates,



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successors and assigns, coaches, teachers and trustees of and from any and all claims, demands, debts, contracts, expenses, cause of action, lawsuits, damages, and liabilities, of every kind of nature, whether known or unknown, in law or equity, that I ever had or may have, arising from or in any way related to my participation in any of the events or activities conducted by, on the premises, of, or for the benefit of, Prepare Like A Pro provided that this waiver of liability does not apply to any acts of gross negligence, or intentional, wilful or wanton misconduct.

3. I understand that the activities, in which I will participate, are inherently dangerous and may cause serious or grievous injuries, including bodily injury, damage to personal property and/or death. On behalf of myself, my heirs, assigns, administrators, executors and next of kin, I waive all claims of damage, injuries and death sustained to me or my property, that I may have against the aforementioned release party to such activities, including claims in tort, contract, equity or otherwise.

4. I acknowledge, agree and represent that I understand the nature of Prepare Like A Pro, I AM IN GOOD HEALTH and in PROPER PHYSICAL CONDITION to participate in such activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will IMMEDIATELY DISCONTINUE further participation in the activity

5. By this Waiver, I assume any risk, and take full responsibility and waive and of personal injury; death, damage, or loss of personal property, associated with Prepare Like A Pro including but not limited to using the facility and its equipment in any manner, form or fashion, and participating and/or engaging in any weight training and aerobic class, event or other related activities on and off the premises.

6. This WAIVER AND RELEASE contain the entire agreement between parties, and supersedes any prior written or oral agreements between them concerning the subject matter of this WAIVER AND RELEASE. The provisions of this WAIVER AND RELEASE may be waived, altered, amended or repealed, in whole or in part, only upon the prior written consent of all parties.

7. The provision of this WAIVER AND RELEASE will continue in full force and effect even after the termination of the activities conducted by, on the premises of, or for the benefit of 'Prepare Like A Pro' whether by agreement, by operation of law, or otherwise.

8. I have read, understood and fully agree to the term of this WAIVER AND RELEASE. I

understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights.



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Executed on .....

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Signature of Athlete or guardian

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Name of athlete