

COACHING, CLASSES, CAMPS & MEMBERSHIP POLICY

BFunctional provides coaching systems, premier facilities and environment that is inclusive, fun, fair, consistent and conducive to each and every member achieving their goals. To achieve that it's important to us that we have a set of expectations and rules that apply to everyone equally so we have set out the below terms and conditions for the coaching systems at BFunctional:

BFunctional is a performance-based training community for endurance sport competitors and active lifestyle lovers. While these sports are generally individual events, BFunctional also provides a team and community based on an inclusive, fun, supportive and ego free training environment. Any behaviour or conduct that isn't conducive to this environment will not be tolerated and may result in immediate cancellation of coaching system access and forfeiting of all existing contract payment commitments;

Some BFunctional systems and programs will continue to automatically renew at the end of the minimum commitment until a request to cancel it is received in writing at info@BFunctional.co.uk. Cancellation will be effective a month from the date which the request was received.

	System	Programs	Validity Period	Minimum Commitment	Fee	Go Cardless *	Rolling
COACHING SYSTEMS	MONTHLY	Bronze Online Coaching	Valid for 1 Month from purchase date	3 months	£80 p/m	✓	✓
	MONTHLY	Silver Online Coaching	Valid for 1 Month from purchase date	3 months	£100 p/m	✓	✓
	MONTHLY	Gold Online Coaching	Valid for 1 Month from purchase date	3 months	£200 p/m	✓	✓
	ONE-TIME	1-2-1 Coaching	Solo session	1 session	£40	✓	
	ONE-TIME	Swim Analysis	Solo session	1 session	£60	✓	
	ONE-TIME	Training Block	8-12 Week Blocks	1 Block	£60	✓	
	CLASS	TRX & PRIMAL	Solo session	1 session	£5	✓	
	CLASS	TRX & PRIMAL	Valid for 1 Month from purchase date	10 session	£40	✓	✓
	CLASS	WATTBIKE	Solo Session	8 weeks	£8	✓	
	CLASS	WATTBIKE	Valid for 1 Month from purchase date	10 session	£75	✓	
	CLASS	WATTBIKE	BF determines the start & end dates	8 Week Program 2 Sessions	£120	✓	
	NUTRITION	DIET-FIX	Valid for 1 Month from purchase date	1 month	£80	✓	
TEAM BF	Team BF Membership	Social Training Sessions Tri Club Team BF Clothing Training Camps Sponsor Discounts Online Group Support	Valid for 1 year January - December	12 months	£10	✓	✓



BOOKINGS

- All bookings must be made through GymSync [App or Web-based].
- Bookings for all **classes** and **Team BF sessions** can be made up to 1 hour prior to class start time.
- For all 1-2-1 Coaching, Consultations, and Swim Analysis must be booked 24 hours prior to the start time.
- Class sizes are restricted and bookings are taken on a first in, first served basis. If classes are full, you can place your name on the Waitlist for a space in case someone cancels their booking.
- Bookings can be changed or cancelled without penalty up to 1 hour prior [swim analysis requires 24 hours' notice]. Any cancellations made after those cut-off periods will forfeit that session pass and payment. This missed session cannot be transferred or refunded.
- No bookings will be available on Public Holidays unless otherwise communicated.
- Bookings are available for:
 - a. Classes: TRX, Primal, Wattbike
 - b. Small Group Training [SGT]
 - c. 1-2-1 Coaching
 - d. Swim Analysis
 - e. Team BF Sessions

MONTHLY COACHING T&C [online]

Commitment: The more you put into this the more successful the process will be. If you gave it 100%, you will see 100% of the results. If you only did 80%, then you will see 80% of the results.

Athlete: import training data & comments via Training Peaks [TP], to include time, distance, speed/pace HR, power by the end of the training week.

Communication: Throughout feel free to contact BF for clarification and support.

Training Week: Monday – Sunday.

Fees: All payments for Coaching services are to be made in advance [via GoCardless] on monthly cycles.

Term: The 1:1 Performance Coaching term will be agreed by the coach and athlete, assuming that the program will endure up to the priority race/event, of course Performance Coaching is available all year throughout the competitive and off-season and can be continued.

Termination: The minimum duration is three months or remain open-ended for so long as the client continues with the coach. The athlete may terminate the contract prior to the expiration of its term but must give a months' notice.

ONE-TIME COACHING T&C [classes, 1-2-1, SGT]

Coaching & Classes. You should bring a towel and a water bottle to each Class or 1-2-1 Session. We require equipment being wiped down, put away and the facility being left neat and organised for the rest of the team.

If you choose to participate in any BFunctional outdoor training or social events, it is required that you hold the required personal injury, income and property **insurance** to cover you for that event or task. BFunctional does not accept liability for any damage or injury you sustain to person or property while partaking in such events or sessions.

NUTRITION COACHING T&C

DIET-FIX: BF is a nutritional educator and does not dispense medical advice nor prescribe treatment. Rather, provides education to enhance knowledge of health as it relates to food consumption, hydration, lifestyle and related activities. While dietary support can be an important compliment to medical care, a nutritional program is not a substitute for the diagnosis, treatment, or care of a disease, illness or injury by a medical provider.



TERMS & CONDITIONS

Client/Member Conduct: Any illegal behaviour or conduct that is deemed to be rude, disrespectful, discriminatory, intimidating or abusive to another individual, the facility or the community, may lead to your access and membership being suspended or cancelled immediately. If you **cause your membership to be suspended or cancelled**, the remaining duration of your program, membership or unused sessions are non-refundable.

All payments are managed through *Go Cardless or Cash*. Membership auto-payments are deducted monthly on the 1st of the month and can be via Direct Debit or Credit Card. Any fees or charges incurred due to declined payments or insufficient funds are passed on and paid by the client. BFunctional does not provide refunds.

Liability: You accept that participating in exercising and training has a risk of causing injury, both minor and potentially major.

Disclaimer of Warranties by Coach: The agreement disclaims any warranties or guarantees with respect to the trainer services received by the client.

Indemnification. Require the client to indemnify, defend, and hold harmless the coach/trainer for any damages or losses arising from or related to actions or omissions of the client, including any breach of the agreement by the client.

Assumption of Risk: YOU ACCEPT THIS RISK AND ACCEPT FULL RESPONSIBILITY FOR YOUR TRAINING AND NUTRITION. You agree that you have no undisclosed injury or illness that may affect your ability to undertake rigorous exercise and to the best of your knowledge you are ready and able to undertake this exercise, coaching and/or nutrition program.

BFunctional reserves the right to update and change these Terms and Conditions as and when is required.