



**BFunctional**  
PERFORMANCE COACHING · NUTRITION COACHING

## TEAM BF MEMBERSHIP POLICY

Team BF provides an inclusive community and a fun, social environment that makes you feel part of a team.

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 those members of Team BF.

1. 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.
2. The Team BF membership term is 1 year from October to September, and will not automatically renew at the end of the commitment.
6. 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.
7. 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.
8. **All payments are managed through Go Cardless.** 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.
10. **Liability:** You accept that participating in exercising and training has a risk of causing injury, both minor and potentially major.
11. **Disclaimer of Warranties by Coach:** The agreement disclaims any warranties or guarantees with respect to the trainer services received by the client.
12. **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.
13. **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.
14. BFunctional reserves the right to update and change these Terms and Conditions as and when is required.



### Team BF Features:

- Accessible to Active clients
- Accessible to Non-Active clients [i.e. links with BF]
- Social training sessions, group bike rides, etc]
- Providing Remote Support [Team BF Tri Club Representation]
- STRAVA Club
  - i. Bike: weekend rides from BF HQ
  - ii. Bike: monthly rides **mixed** [Set routes, grouped by average speed]
  - iii. Bike: monthly rides **female-only** [Set Routes]
  - iv. Run & OW Swim Sessions: ad hoc
  - v. Leader boards
  - vi. Challenges
  - vii. Connect with other Team BF members on here
- Team BF Clothing
- Sponsor Discounts
- Online Support Groups
- Annual Training Camps



We look forward to welcoming you to the Team!

**Dream Big | Set Goals | Take Action**

**BFunctional**