

BFunctional Client & 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.

ONLINE COACHING T&C

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.

1-2-1 COACHING, CLASSES & TEAM BF T&C [including the BODY-FIX Program]

Bookings:

- Bookings are available for:
 - a. Classes [*GymSync*]
 - b. 1-2-1 Coaching [*direct with BF*]
 - c. Body-Fix Program [*direct with BF*]
 - d. Team BF Sessions [*via WhatsApp group*]
- Bookings for all **classes** can be made up to 1 hour prior to class start time.
- For all **1-2-1 Coaching and Consultations** 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.
- No bookings will be available on Public Holidays unless otherwise communicated.
- 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.

Cancelled/Missed Sessions:

- **1-2-1 Coaching:** re-arranged within that 4-week block only, or in the case of PAYG within the same month.
- **BODY-FIX Program:** the 2 x 1-2-1 sessions and 2 x classes cannot be rolled over into the following week.
- Any sessions unable to be re-arranged within the above time-frame are forfeited and non-refundable.
- **Classes:** Bookings can be changed or cancelled without penalty up to 1 hour prior. Any cancellations made after those cut-off periods will forfeit that session pass and payment. This missed session cannot be transferred or refunded.



DIET-FIX 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.

CLIENT AGREEMENT

BFunctional reserves the right to cancel and change this timetable at any time without notice. All participants take part in sessions and assessments entirely at their own risk. BF shall not be liable for any accidents, injury, loss or damage sustained as a consequence of participation.

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.

Media Statement: By signing below, I hereby grant and convey to BFunctional all right, title and interest in and to record my name, image, voice, or statements including any and all photographic images and video or audio recordings made by BFunctional.

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

I HAVE READ THE AGREEMENT AND FULLY UNDERSTAND THE CLIENT AGREEMENT.

Client Name:

Client Signature:

Date:

