



Training Agreement

The following policies are intended to ensure that both trainer and client have a clear understanding of the rules by which their professional association will be conducted.

1. All appointments will be recorded and confirmed in writing.
2. Single-session clients will be required to pay for their next appointment at the end of each session. In cases where this is not possible, payment must be tendered before or at the start of the next appointment in order to proceed.
3. Payment will be accepted as cash, cheque or money order.
4. Sessions must be cancelled before midnight of the preceding day in order to receive a full refund. If notice of cancellation is received after that time, Smith Training Systems will refund 50% of the session fee.
5. Sessions will start and end at scheduled times. If the client wishes to extend the session without prior notice, the trainer reserves the right to grant or refuse this option depending on other commitments. An additional fee will be levied according to the pricing schedule.
6. Clients who have pre-paid for multiple sessions and then decide to cancel their commitment will be fully refunded for all unused sessions.
7. Clients should supply Smith Training Systems with advance notice of any medical condition or injury that would require modifications to their program.
8. The trainer is a licensed, insured professional and will make safety and injury prevention a priority, and will not prescribe beyond her scope of expertise. Nevertheless, there is still some degree of risk associated with any physical activity. The client recognizes and assumes this small degree of risk and will not hold the trainer responsible for injury incurred during or outside of sessions.

I have read and understood the preceding policies.

Signed,

_____ _____
 (Please print name.)

_____ _____
 (Date)