

Terms and Conditions

General Conditions

Your health and safety are the Coach's priority. Before starting any programme or session, please consult your doctor if you have any underlying health conditions. You will also be required to complete a Physical Activity Readiness Questionnaire (PAR-Q) and a Training and Lifestyle Form. This allows the Coach to create a plan that suits your needs and goals, taking into account any contraindications in your lifestyle or health.

1. Introduction

Welcome to the Run With Kaz Coaching service. By joining our coaching programme, you agree to follow these Terms and Conditions. These terms outline the rules and expectations for using our personalised training services.

2. Definitions

- **"Client"** refers to the individual who has signed up for the Service.
- **"Coach"** refers to the professional providing the training and guidance.
- **"Company"** refers to Run With Kaz Coaching.
- **"Service"** refers to the coaching, training plans, and related services provided by the Coach.
- **"Website"** refers to the Company's official website where the Service is offered.

3. Eligibility

To enrol in the Service, the Client must:

- Be at least 18 years old.
- Have a valid email address.
- Complete the necessary health and fitness assessments as requested by the Coach, including the Physical Activity Readiness Questionnaire (PAR-Q).
- For 1-2-1 plans, provide a video of themselves running so the Coach can carry out a running assessment (see Section 7).

4. Payment and Refund Policy

- **Payment:** Fees must be paid in advance via credit card, Google Pay, or other accepted methods outlined on the Website.
- **Refunds:** Refunds are not available once the training plan has been delivered. Exceptions may apply in cases of medical emergencies, at the Coach's discretion.
- **Transferability:** Plans are not transferable to another person.

5. Client Responsibilities

- **Compliance:** The Client agrees to follow the training plan and advice provided by the Coach.
- **Health and Safety:** The Client is responsible for their own well-being and must consult a healthcare professional before starting a new training programme.
- **Communication:** The Client must inform the Coach about any injuries, health concerns, or changes that could affect training.

6. Coach Responsibilities

- **Professional Guidance:** The Coach will provide expert, personalised training plans tailored to the Client's needs.
- **Confidentiality:** All Client information will be kept confidential unless the Client provides consent to share it.

7. 1-2-1 Coaching and Online Training

For a 1-2-1 coaching plan, the Coach will carry out a running analysis, which involves reviewing footage of the Client running. The Client is required to send this footage to the Coach for assessment. The camera should be positioned at waist height and set at a distance such that the Client's full body is visible within the frame.

8. Liability

The Coach and the Company are not liable for injuries, health issues, or damages arising from use of the Service. The Client assumes all risks associated with training.

9. Intellectual Property

All training plans, guides, and resources provided by the Coach are the intellectual property of the Company. Clients may not copy, share, or distribute these materials without the Company's written consent.

10. Termination

The Company reserves the right to terminate the Client's access to the Service if these Terms and Conditions are breached. No refunds will be provided in this case.

11. Amendments

The Company may update these Terms and Conditions as required. Clients will be informed of any significant changes by email or via the Website.

By enrolling in Run With Kaz Coaching, the Client confirms that they have read, understood, and agreed to these Terms and Conditions.