



TERMS AND CONDITIONS FORM

Please take a few minutes to read the following information:

ACKNOWLEDGMENT AND RELEASE:

By signing this document I acknowledge that engaging in physical activity may carry some risks to my health. I recognise that the instructor is not able to provide me with medical advice in regards to my fitness and the information I provide is used as a guideline to the limitations of my ability to exercise. I have answered all questions correctly and to the best of my ability and understood this advice. I release Running On Air Personal Training, its directors, servants, agents, personal trainers, staff and sub-contractors for any liability, loss or injury that may arise, or I may suffer from when participating in any physical activities, however caused. I have been advised that it is in my best interest to complete a physical examination by a registered medical practitioner to confirm that I am fit and able to engage in strenuous and prolonged activities. I agree to disclose any physical limitations, disabilities, ailments or impairments which may affect my ability to participate in fitness programs hereon in.

BOOKING POLICY

R.O.A requires a minimum of 5 people for a class to proceed. Should a class be cancelled you will be contacted via the 'R.O.A Warriors Group' messenger page, text, phone or email.

Class bookings are on a 'first in first serve' basis. To avoid disappointment, classes can be booked up to 4 weeks in advance.

Bookings can be made up to one hour before a class starts (subject to availability) - message the 'R.O.A Warriors Group' messenger page.

Regardless of membership tier/type, class bookings must be made.

CANCELLATIONS

Cancellations/Rescheduling classes need to be made in writing **24 hours prior** to your class beginning. Late cancellations will incur a lost session. Cancellations can be made via email, R.O.A messenger group or directly to admin.

R.O.A understands sometimes unforeseeable circumstances can arise, but to be fair and consistent with all clients, no exceptions will be made unless they are under compassionate grounds, of which will be given only upon administration discretion.

If you are a 'no show' or absent from your class the session will still be charged, no refunds or 'make up' sessions will be applied.

PAYMENT POLICY

Invoices will be sent out via email on a monthly basis. Payment is due 7 days from date of invoice.

Payment can be made via cash or direct transfer.

CHILD SUPERVISION POLICY:

R.O.A is a child friendly environment, and children are welcome to come to classes when supervised by a parent or guardian. Parents/guardians are responsible for children whilst attending R.O.A.

The parent or guardian must ensure that children are playing responsibly and safely around the gym equipment, training area and any other areas in and around the training facility. This includes no running, jumping, shouting, or entering the exercise area during the sessions.

R.O.A will not be responsible for a child(ren) injuring themselves or others before, during or after a R.O.A session. Parents must take responsibility of their children and their actions at all times, failure to do so may result in injury, damage to person(s) or equipment.

Due to insurance legalities, children under the age of 17 whom are participating in class, must have parental consent and be accompanied by a parent and/or guardian. Children participating in the sessions must have a pre screen form completed and a session fee will be charged.

Running On Air Personal Training, its directors, servants, agents, personal trainers, staff and sub-contractors will not be responsible for any liability, loss or injury that may arise, or suffering of or to a child(ren) or person(s), however caused.

PERSONAL AGREEMENT

You agree that R.O.A is in no way responsible for the safekeeping of personal belongings while attending class. R.O.A does not assume responsibility for any lost or stolen personal property. If you do become the victim of a theft, immediately report it to a R.O.A staff member.

By booking into a class you automatically agree to the Terms & Conditions.

- I have read the whole document and understand it.
- I consent participating in physical activity and I am aware of the risks, dangers and obligations set out in this Acknowledgment and Release.
- I confirm to the best of my knowledge all details provided are true and accurate and that I agree to the Terms & Conditions.
- I understand that I may participate in physical activities which may expose me to certain risks and that I do so at my own risk. I will not hold Running On Air or any of its servants and agents, liable for any injury, loss, damage or death caused to me or my property whether by negligence, omission, and breach of contract or in any way whatsoever.
- I understand that all activities in any fitness program are optional and I can stop at any time.
- I agree to allow Running On Air Personal Training to use pictures, videos or like for potential marketing material.

Signed: _____ **Date:** _____

Name (please print): _____



R.O.A CONTACT INFORMATION

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