

UP AND RUNNING TERMS & CONDITIONS

By signing up as a member of **Up and Running**, I contract **Up and Running** (Coach Jordan Williams / Warren Williams), as my personal coach/advisor for endurance sports. I agree to pay for services up front at the quoted monthly rate (\$80.00 single, \$130.00 family) or casual rate (\$15 per session) for coaching services. I understand that payment is due in advance of receiving said services.

WAIVER AND RELEASE FROM LIABILITY: In consideration for being accepted as a client by **Up and Running** (Coach Jordan Williams / Warren Williams), for the purposes of improving my fitness, I hereby attest that I am in good health, that my statements in the Athlete Questionnaire are accurate to the best of my knowledge, and that my physical condition has been verified by a licensed medical doctor.

I fully understand the risk inherent in such a fitness program, physical fitness testing, and accept for myself, my heirs, and my personal representatives full responsibility for personal bodily injury, death, or property losses that may occur as a result of my being a part of this program or engaging in training sessions.

I hereby indemnify and save and hold harmless my coach and **Up and Running** (Coach Jordan Williams / Warren Williams), from any loss, liability, damage, and cost I may incur due to my participation in this program.

ASSUMPTION OF RISK: Participation in running and conditioning program carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I know that running is a potentially hazardous activity and certify that I am in good health and physically fit to enter into a training program. I acknowledge that I am aware of the many risks involved in athletic training in general and running training specifically, which risks include by way of example and not limitation: 1) minor injuries such as scrapes, bruises, sprains and strains, 2) more serious injuries such as joint, muscle and bone injuries, concussions and other head injuries, heat related injuries such as heat exhaustion and heat stroke, dehydration and over hydration conditions such as hyponatremia, and catastrophic injuries and conditions such as heart attacks and other conditions or injuries which could be fatal. I appreciate these and other risks that are inherent in training for and participating in road, trail and track running and racing and any conditioning and cross training activities associated with that training. I hereby assert that my participation is voluntary, certify that I am sufficiently health and physically fit to enter into this program and that I knowingly assume all such risks.

By joining **Up and Running** (Coach Jordan Williams / Warren Williams) as a member, I agree and understand that I am solely responsible for evaluation and I have read the Terms & Conditions, and further agree that no oral representations, statements, or inducements apart from the foregoing written agreement have been made.

If you have any questions, please feel free to contact Up and Running on 0408616964 or <https://www.upandrunning.sydney/contact>.