

TERMS AND CONDITIONS

These terms and conditions apply to Coached by G, online fitness coaching & GHPT Georgie Howes Personal Trainer ("Service Provider") and the Service Provider's website, mobile apps, or other online services.

1. Delivery and Payment

Delivery: Meal plans and workout programs are delivered as PDF. Files or word documents through email. The delivery time can be expected to be between 2-3 working days, even though a longer deliverance can be necessary in certain instances. Your email address must be registered correctly. As a client, you'll receive your receipt through email.

Payment regarding exercise and meal plans are required to be done before the start of the course. You will not receive your plans unless payment has been made. The Service provider accepts the following payment methods as a minimum: Visa and Master Card. You will not be charged any fees that affect the price offered through the Service Provider. The amount is deducted only when your purchased service, regardless of whether it is a diet plan, workout plan or the like, has been delivered by email, or you have accepted the payment after signing up for the online training course. The Service Provider will never be able to withdraw a larger amount than you have approved at the time of purchase. All prices quoted include VAT.

With an online training course, you are automatically signed up for payment through a third party service. This means that an agreed-upon amount will automatically be withdrawn in the agreed-upon fixation and the amount of time you are active. The Service Provider uses Square payment provider, it is approved by the U.K. Financial Conduct Authority and is commonly used around the world. With automatic signup, your card number and expiration date will be transmitted through the external use of Secure Sockets Layer (SSL) encryption. The encryption ensures a high level of security regarding unauthorised access to your information. By accepting the terms as a client at the Service Provider, you grant permission to send instructions to the financial institution that issues your card in accordance with the terms of your agreement.

2. Right of withdrawal

By accepting terms and conditions you agree that online training courses, workout plans and diet plans are tailored specifically according to your needs and objectives. The initial commitment period is twelve weeks.

Thus, there is no right of withdrawal after your training plan, diet plan or training course has been delivered based on the agreed commitment. The cancellation period is the current month + 1 month on the agreed subscription after the initial period has expired.

3. Data and Privacy

For a detailed overview of the personal data policy, please go to the website Privacy Policy tab

License rights: Sharing and/or distributing the company's material are not allowed in any way without written permission from the company. Meal plans and/or workout programs are for personal use only. All copying beyond personal use, and further illegal distribution are forbidden.

Text and images: The company owns all text and images that appear on the website, and those emailed to the client, inclusive of the copyright. Text and images from the company's website cannot be copied, distributed, or used without written permission from the licensee. All rights are reserved.

4. Cookies

The provider uses cookies from Google Analytics. Google Analytics is persistent cookies and is used to analyse website statistics and user behaviour. Google Analytics does not collect personal information.

You can learn about Google Analytics cookies

at <http://code.google.com/intl/da/apis/analytics/docs/concepts/gaConceptsCookies.html#HowGAUsesCookies> and <http://www.facebook.com/help/cookies>.

5. Age

The Service Provider does not provide services to those who are under 18.

6. Law and jurisdiction

Purchase of services through the Service Provider and its website, mobile apps, or other online services are subject to U.K. Law. Any dispute will be settled by the ordinary U.K. courts.

To Confirm only once documentation is received in the case of redundancy or medical grounds will you be able to come out of your desired commitment term. If you wish to come out of your commitment term earlier than required or fail to provide the 1 month notice we will continue to charge until the allocated time concludes.

7.Disclaimer

As with all fitness and exercise programmes, when using the content, you will need to use your common sense. To avoid injury or illness you are advised to check with your doctor before beginning the programme. By performing exercises and preparing meal plans without direct supervision, you are doing so at your own risk. The service provider will not be responsible or liable for any injury or harm you sustain as a result of this fitness programme, online content or information shared on the website. This is inclusive of emails, videos, voice notes, messages and text.

You will be asked to perform a number of exercises. The exercise intensity of each will be at a level appropriate to your ability. You may stop when you wish because of personal feelings of fatigue or discomfort.

Risks: There is the possibility of certain changes occurring during exercise. They include abdominal discomfort, increased blood pressure, fainting, disorder of heartbeat and in rare instances, heart attack or a stroke. Every effort will be made to minimise these risks by evaluation of preliminary information relating to your health and fitness.

It is the responsibility of the participant to ensure:

- There is full disclosure of any medical information which may affect both nutrition and exercise including any allergies and illnesses.
- There is sufficient space to perform the exercises safely and move freely without obstacles or obstructions, free from furniture, equipment and other hazards – a minimum of four square metres per person
- Any equipment is safe and in a suitable condition for the activity being performed
- The surrounding floor space is entirely clear to remove any hazards that may increase the risk of slips, trips or falls
- There are no distractions throughout the duration of the session
- There is sufficient heating, lighting, ventilation and hydration.

The service provider agrees to:

- Work within the area of knowledge and expertise, supported by a nationally accredited instructor qualification in the specific area of instruction, and to apply relevant health and safety guidelines at all times
- Pre-screen each participant. If the participant has any medical conditions, injuries or other conditions which may affect their participation in the proposed exercise activity or meal plan they must gain consent from their Doctor prior to participation.
- Assess the suitability of the activity and plan based on the health and capability of the participant, follow any specific guidelines provided by the Doctor, adapt the exercise accordingly and closely monitor health and well-being
- Provide safe and effective instruction to prevent injury and promote health
- Ensure confidentiality of data in line with GDPR and the privacy policy. Relevant permission will be gained in order to share any content.

Georgie Howes

Fitness & Nutrition