

TYGTAL Sports Performance ~ Policies & Procedures

1. The training fee must be paid when filling out the Personal Trainer Intake form. This entitles the client to one hour long (60 minute) training sessions.
2. Complete all forms in the packet provided and turn them into the Account Services Coordinator. Failure to do so may result in delayed training. **These completed forms will be used in establishing your baseline and are entirely confidential- as are all of your sessions.** Each training session is based on a 60-90 minute workout. Please be ready to train at the appointed time.
3. Sessions will start on time. If you are late, you are using up your training time. You will not be able to make up lost time. If you know you are running late, please call us and let us know.
4. Participants 15 minutes late or more to a session will be charged for the session and potentially lose the training for the entire session.
5. To facilitate ease of movement, wear loose, comfortable clothing, along with appropriate footwear, and weightlifting gloves as needed. For your comfort, we recommend you have a water bottle to drink from during your training session.
6. You have the right to terminate a particular exercise at any time. You are in control of your workouts. If an exercise is uncomfortable or painful, or if you want to stop for any reason, you may do so. If a particular exercise is painful for you to do or you have an injury or other limitation that makes it difficult for you to do, your trainer can probably substitute another exercise to work that particular muscle group.
7. Rescheduling of any session requires a minimum 24 hour notice to avoid charges for that session.
8. Interruption of service requires a written request to TYGTAL stating reason for interruption and anticipated continuation. Except in circumstances of emergencies, a minimum 15 day notice is required to avoid charges for pre-scheduled appointments.
9. Cancellation of services requires 30 day notice to avoid charges for sessions already scheduled.
10. If by any reason of death or permanent disability, the participant is unable to complete training program, he/she shall be relieved of the obligation of making payment other than for services performed prior to death or onset of disability.
11. Training is paid in advance. Fees are non-refundable unless catastrophic injury or illness.
12. Fees should be paid in full prior to the first appointment of each 4 week session.
13. Sessions will not start until fees are paid in full.
14. Once training is scheduled, both Client and Trainer are held liable for those time slots
15. If training is to continue beyond the initial 4 weeks, the new session must be booked prior to "last appointment." At that time, another 4 week session will be reserved for client.
16. Sessions are nonrefundable and nontransferable.
17. Acceptable forms of payment Visa, MasterCard, or American Express. All payments are to be made in advance of the first training session.
18. Please make checks payable to **TYGTAL Sports Performance**.
19. All payments denied by the bank for insufficient funds will be assessed a fee, **\$30.00**, or as allowed by state law.
20. You will be required to complete and sign the following forms before taking a fitness evaluation or beginning any program:
 - A. Participant Registration Form
 - B. Physical Activity Readiness (par-q+)
 - C. Health History Questionnaire
 1. Medical Clearance Form - If you have any of the following conditions you may be required to have a Medical Clearance form.
 - a. Hypertension (Systolic \geq 140 mmHg or Diastolic \geq 90 mmHg)
 - b. Hypercholesterolemia (Total serum cholesterol $>$ 200 mg/dl or HDL cholesterol $<$ 35 mg/dl or on lipid lowering medication. If LDL cholesterol is available, use $>$ 130 mg/dl rather than total serum cholesterol)
 - c. Impaired Fasting Glucose (Fasting blood glucose \geq 110 mg/dl)

- d. Family History (Myocardial Infarct, Coronary Revascularization or sudden death before 55 years of age in father or other male first-degree relative, or before 65 years of age in mother or other female first-degree relative)
- e. Cigarette Smoking (Current cigarette smoker or those who have quit within the previous 6 months)
- f. Sedentary Lifestyle
- g. Obesity (Body Mass Index ≥ 30 kg/m², or waist girth > 100 cm)
- h. Any other condition that TYGTAL deems to present an unreasonable risk to your health, were you to participate in a fitness evaluation or program.

- 21. Health and Fitness Questionnaire
- 22. Service Agreement
- 23. Client Release
- 24. Waiver and Assumption of Risk

By signing this agreement you indicate that you understand YOUR roles and will do your part to ensure the best results for the goals set.

Client's Signature: _____

Date _____

TYGTAL Representative Signature: _____