

Joe Beer Smart Training Ltd. Services & Coaching Contract (28.2.24)

This Agreement (terms) is for Coaching or 1-2-1 Services

between JBST Ltd and _____ (your name)

I want: Standard / Extra / PREMIUM / PREMIUM+ / EXECUTIVE (circle) starting ___ / ___ / ___

I have transferred £50.00 non-refundable "coaching start up" to Account**

I want: to make 6 months payment now with next payment due on ___ / ___ / ___

12 months with next payment due annually on ___ / ___ / ___

___ months with coaching ceasing on ___ / ___ / ___

12 months Direct Debit starting on ___ / ___ / ___

I have therefore set up a Direct Debit for £ _____ today to JBST Ltd Account**

I also want: 1h 1-2-1 Consult / 2h 1-2-1 Consult / BioRacer AeroFit / POWER+HR Test

I have therefore transferred £ _____ today to JBST Ltd Account**

** Bank: details upon request

I hereby agree physical activity, training and competitive racing is an extreme test of psychological and physiological systems and carries with it potential for serious or fatal injury. I hereby assume all and any risk associated with any activities, training, nutrition and equipment advice recommended by Joe Beer (Joe Beer Smart Training Ltd) and indemnify and hold Joe Beer Smart Training Ltd harmless in all respects to the fullest extent permitted by law. I accept that I am fully personally responsible in all respects to ensure that I am physically able to undertake any activities and/or training and/or competition, including but not limited to any medical examinations necessary prior to commencing any programme.

Further I hereby waive all and any claims whatsoever against Joe Beer Smart Training Ltd and Joe Beer for any loss (direct or indirect) to me howsoever caused.

I realise any advice offered does not ensure successful completion of a specific event or a specific physical outcome and any failure in respect of performance, completion and/or reaching any planned goal(s) does not allow me to demand, or entitle me to, a refund.

HEALTH: I certify that I am physically fit, am sufficiently trained to take part in any programme that is provided and have not been advised against participation by my GP (Doctor) or another trained medical professional. I acknowledge that my statements are true. I acknowledge the risks involved in physical training, dietary manipulation and competitive exertions, competitions and races. I waive, release and discharge Joe Beer Smart Training from any and all claims, losses or liabilities of death, medical costs, damage, theft, loss of earnings, or permanent disability which may arise in the future out of (whether directly or indirectly) or relate to participation in the competition, racing, training or nutrition programme provided by Joe Beer.

E-MAIL/TEXTS: I can usually expect responses to urgent text messages <24hours, with e-mails, phone messages within 24-48 hours. I understand that issues that can wait must be added to my "call time questions" box in my diary. The use of text is for urgent questions, race results and changes of call time predominantly. Occasionally due to unforeseen circumstances these response times cannot be achieved and in those circumstances responses will be provided as soon as reasonably practicable.

CALLS/PROGRAMMES: I realise that my agreed call time may be affected by outside circumstances and another time may be provided. At certain periods e-mail only-contact will occur but I will receive advance notice (e.g. whilst Joe Beer may be on a training camp, book writing, consultancy, School Holidays, etc). I realise my online programme is negotiated between athlete and coach – at times there may be short de-

