

## Online Coaching Terms and Conditions

Online coaching is an initial 3 month minimum commitment which will become a rolling monthly contract thereafter. 30 days notice is required for cancellation after the initial 3 month period

To do this email [info@getresultstraining.co.uk](mailto:info@getresultstraining.co.uk) to ensure the request gets to the admin team

Disrespectful or aggressive language at any time during the coaching can cause the coaching to be terminated without refund.

Once plans are written, no refund will be given unless granted by a GRT coach. Exceptional circumstances will be assessed on a case by case basis.

By consenting to these conditions you are agreeing that to achieve results requires you to complete all plans to 80% minimum adherence and check in every week before 9am of your chosen check in day, failure to comply can severely affect your results and could lead to your coaching being terminated

You agree that you are responsible for contacting your coach if you have any issues, if you decide not to engage, your coach will assume everything is fine

You agree that your training plan and any documents you receive as part of your coaching are confidential and must not be distributed or repurposed in any way.

You agree that as a client you are a representative of the Get Results Training brand and therefore must not engage in slander or defamation towards any other member of the fitness industry, regardless of if you are right or if they deserve it. You acknowledge that engaging in such behaviour can lead to the termination of your coaching immediately without refund.

You agree that each member of the GRT community is to be treated with respect regardless of their initial reactions and there is a zero tolerance policy towards racism, sexism or homophobia.