

SW Sports Performance, Memorandum of Understanding



Athletes Name

Athletes Address

This Memorandum of Understanding (MoU) is made with the Client/ Athlete stated above and SW Sports Performance who's registered office is at 45 Tudor Road, Shrewsbury, SY2 6TB.

Background

The purpose of this MoU is to define the responsibilities of each party.

SW Sports Performance offers coaching services for triathlon, running, strength training and nutrition advice. I, the Client have entered into an informal relationship with SW Sports Performance for the services described above.

I, wish to participate in a physical fitness programme run by SW Sports Performance.

I recognise that this programme will include activity of a strenuous nature and will push me to the limits of my physical ability. I also recognise that in most circumstances I will be left alone to complete these activities and that these activities may at times expose me to an environment that carries a number of hazards and risks including, but not limited to, cycling on the national road network, running on trails and swimming in open water.

SW Sports Performance hereby advises me to obtain a physical examination from a suitably qualified healthcare professional, before participating in its fitness programmes and to advise SW Sports Performance of any known health issues.

I understand that I have engaged with SW Sports Performance to provide sports coaching, training plans and nutritional advice and that this is given in an advisory capacity. I also understand that this advice is based upon information about my personal health and physical ability that I have given to SW Sports Performance. I agree to provide regular updates of my physical, and if appropriate my mental health, to SW Sports Performance and SW Sports Performance agrees to continually review this information and tailor my fitness programme according to the information I provide.

I will undertake the fitness programme provided to me by SW Sports Performance, however, should I start to feel unwell at any point either before, during or after any physical activity I understand that it is my responsibility to seek further guidance from a suitably qualified healthcare professional before continuing with the activity. I also understand that continuing to engage in physical activity whilst feeling unwell or exerting effort over and above my physical ability could result in injury and / or death and I recognise that this is a risk which I own.

In full consideration of the fact that I willingly and voluntarily participate in the fitness programmes provided to me by SW Sports Performance, I agree to not pursue legal action against SW Sports Performance for damages associated with personal injury, illness or damage to property, which are caused by any act or omission on my part.

I enter this MoU in good faith and agree to abide by it whilst using the services provided by SW Sports Performance.

Athlete Signature **Athlete Name Printed**

Date.....