

Coaching Participation & Conduct Agreement

Private lessons and coaching — participation and conduct acknowledgment

FULL NAME

EMAIL

PRIMARY FOCUS AREA

DATE

GOALS FOR PRIVATE COACHING

PARTICIPATION & CONDUCT

I understand that coaching and private lessons require active communication, personal responsibility, and respect for physical and emotional limits.

- I will disclose any relevant injuries, limitations, or concerns that could affect movement, training, or participation.
- I understand coaching is educational in nature and is **not medical, psychiatric, or crisis care**.
- I agree to follow safety instructions, respect boundaries, and communicate promptly if I need to pause, modify, or stop an exercise or discussion.
- I understand privacy and discretion are expected for personal information shared during coaching.

ACKNOWLEDGMENTS

- ☐ I have read and agree to the coaching participation and conduct terms above.
- ☐ I confirm I am at least 18 years old and am submitting this agreement voluntarily. The information I have provided is true and accurate.

PARTICIPANT SIGNATURE

DATE

PARTICIPANT PRINTED NAME

COACH — CRAIG JUST CRAIG