



Personal Trainers' Policy

Personal Fitness Trainers Operating in the Club Gym

Linlithgow Rugby Club may enter into agreements with a limited number of personal fitness trainers to **enhance the offering** to gym members to broaden access to and increase the effective use of the facility in line with the wishes of the initial funding partners.

The basis of the agreements will be:

1. All Personal Fitness Trainers will be vetted by Garry Anderson and approved by the Club Board, with an annual review.
2. All Personal Fitness Trainers will have their own liability insurance policy and will provide the Club with a copy of the appropriate policy as evidence.
3. Any Personal Fitness Trainer and their clients must be paid up members of the gym before undertaking any training sessions.
4. The Rugby Club will be responsible for the general maintenance of the gym and changing areas.
5. All training undertaken will be under instruction of and at the risk of the Personal Fitness Trainer.
6. The Rugby Club will offer the Personal Fitness Trainer a choice of two methods of payment for granting commercial access to gym, namely:
 - £10 / month fee for the trainer and full gym membership rate (currently £14 / month for a minimum of 3 months) for their clients, or
 - Annual fee of £250 for trainer and a discounted gym membership rate of £10 / month for their clients.
7. The Club reserves the right to withdraw / deny access to any personal fitness trainer and / or their clients who do not conform to the rules of membership of the gym.

First Issued: September 2017

Last Reviewed: December 2018