

# WOD.SQD

## Terms & Conditions

WOD.SQD is an online fitness platform which delivers fitness workouts via a subscription service or personal training delivered 1-on-1.

These terms apply to the user that registers with us, and upon joining you are entering a legally binding agreement between you and us regarding your use of our services.

By registering and using our services, you are also agreeing (i) that you have read and understood our PRIVACY POLICY, which sets out how we collect, process and use your information; and (ii) to our MEDICAL DISCLAIMER.

Please read all these Terms carefully before you start to use our services. We recommend that you print a copy of these Terms for future reference. If you do not agree to these Terms, you must not use our services.

1. These Terms were last updated on 5th April 2020.
2. The services we provide are operated by WOD.SQD (“us”, “we”, “our” or “WOD.SQD”)
3. We reserve the right to change these Terms at our discretion, and the latest version will always appear on our website with the date they were amended. By using our services after any changes have been made, you agree to the new Terms.
4. In order to use our services you will need to register an account with us.
5. You may not sell, distribute, copy or publish any of our materials.
6. You agree that when you create an account with us, you shall take the necessary steps to protect your login details and keep them secret. You also agree not to share your log in and account details with anyone else.
7. You agree that we may share your details with relevant/carefully selected third parties.
8. As part of our services you will have access to health, fitness and wellbeing information. You acknowledge that such information is not medical advice or treatment. The use of our services is solely at your risk. Please read our MEDICAL DISCLAIMER.
9. You understand that any links to third parties is information provided by said third party and we take no responsibility for such content.
10. You acknowledge that our sessions may be physically demanding and you understand it is your responsibility to consult your doctor prior to participating in physical activity.
11. By taking part in our workouts you warrant and represent that you are fit and healthy.
12. You hereby waive, release, covenant not to claim, and discharge us from any and all claims arising out of your participation in any of the workouts.
13. You must be over the age of 16 to participate, and if 16-18 you must have the approval of your legal guardian and you agree that they have reviewed and agree to our MEDICAL DISCLAIMER.
14. We collect personal information about you. All information that we collect is subject to our PRIVACY POLICY.
15. At any point, you can find the details of your subscription package, including the payment plan, associated up front lump sum, and/or direct debit subscription fees, and the initial minimum term you have chosen, using your login details on our website under ‘Account’ and ‘Subscriptions’.

16. You can cease your subscription at, or to coincide with, the end of your initial minimum term provided you give 7 days notice. If you decide to cancel, notice can be given via the contact form on our website. Please ensure you provide 7 days notice.
17. If you wish to auto-renew into a new subscription with no change of plan, you need do nothing more, your payments under your Account will continue for the same term, and will automatically be collected.
18. You can cancel and request a refund if your circumstances change to such an extent that we are satisfied it is not possible for you to continue training with us. This decision will be left at our discretion, and the refund amount will be calculated on a pro rata basis for the remaining portion of your plan.
19. We are entitled to keep/collect any subscription fees owed if you have not cancelled your direct debit instruction with your bank and/or you have not given us valid notice to cancel your subscription.
20. If you have any questions or any complaints at any point please email us at [info@wodsqd.co.uk](mailto:info@wodsqd.co.uk). We will endeavour to respond within 48 hours.