



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 the Rugby Development Manager 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 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.

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