

Service consent and liability release

Complete the relevant fields and return privately.

Adults 18+ | GradientPeak Coaching

Read once; sign only the relevant service sections

You only need to add your name, signature and date to the service sections your coach discusses with you. You do not fill in prices, test protocols or administrative details. An unsigned section gives no consent. Signing one section does not authorize another service.

Your coach explains and records the actual activity, dates or program period, equipment, intensity, individual precautions, supervision and emergency arrangements before you sign and supplies any necessary written service details. Ask about anything unclear. Keep these shared provisions with the signed service pages and any supplied explanation. Changes beyond the agreed service need renewed discussion and consent.

Voluntary participation

The purpose, procedures, expected benefits, material risks and alternatives must be explained. Results and improvements are not guaranteed. You may ask questions, refuse contact or a procedure, reduce effort or stop at any time. The coach may stop for safety. Report relevant health/medication changes and symptoms and follow agreed limits. Resolve screening concerns before participation.

Liability release - affects your legal rights

By signing a service section, to the extent Pennsylvania law permits, I release the service provider operating as GradientPeak Coaching from claims I may have for personal injury, death or property damage caused by the provider's ordinary negligence in providing that service within the activities explained and agreed with me. This includes ordinary negligence in instruction, supervision, assessment and agreed equipment adjustment within that scope. I understand that signing gives up my right to recover damages for those claims.

This release does not cover gross negligence, reckless, intentional or willful misconduct, or any liability or rights that cannot lawfully be waived. It does not bind another person's independent claims, establish legal authority to perform a procedure or remove applicable professional duties. No indemnity obligation is imposed. Enforceability is not guaranteed.

Safety and privacy

Stop and report chest discomfort, faintness, unusual breathlessness, severe pain or loss of coordination. For an emergency call local emergency services (911 in the US); do not wait for a message reply. No ECG monitoring or medical staffing is promised. Your coach explains actual arrangements. Privacy, recording and optional sharing choices remain in the separate terms; signing a service section grants none of those permissions.

Coach only: sign below after receiving and reviewing the submitted service sections. This acknowledges review of the signed sections only and does not authorize unsigned services. Athletes leave these fields blank.

Coach signature (after submission)

Coach date

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Exercise and coaching

An individualized fitness or endurance program, including agreed strength work. Your coach explains the activities, intensity, setting and in-person, live remote or independent delivery. Coaching is not medical care or a guarantee of improvement.

Risks and alternatives

Exercise may cause fatigue, soreness, strains, falls, equipment-related injury or aggravation of a condition. Traffic, terrain and heat/cold add risks. Serious events include abnormal heart rhythms, heart attack, stroke and death. Remote supervision is limited by the connection; independent exercise is unsupervised. Messages and device data are not live safety monitoring.

Alternatives include gentler activity, discussion-only coaching, postponement or healthcare advice. This section does not authorize specialist assessments or swimming; those have their own service sections.

Consent and liability release

By signing below, I confirm I am 18 or older, have read this Exercise and coaching section and the shared provisions on page 1, and have had my questions answered. I consent to this service as explained and agreed with my coach and accept the shared ordinary-negligence release for this service only. I understand that this affects my legal rights. I may stop or decline any part of the activity at any time.

Full name

Signature

Date

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Sport technique and bike fitting

Observation of the agreed sport, running form or bicycle position, with movement trials, hands-on contact and equipment adjustments explained by your coach before they occur. Recommendations aim to improve technique or comfort; they do not diagnose or treat injury.

Risks and alternatives

Movement, treadmill/trainer use and changed bicycle settings can cause fatigue, soreness, falls, strains, discomfort or loss of control. Exercise can also cause serious cardiovascular events. New positions may need gradual adaptation. You may decline contact or adjustments. Mechanical safety checks and familiarization are needed before riding after adjustments.

Alternatives include observation or verbal advice without contact/adjustments, a gentler trial, postponement or referral. Swimming technique also needs the Swimming section. Recording permission is in the terms.

Consent and liability release

By signing below, I confirm I am 18 or older, have read this Sport technique and bike fitting section and the shared provisions on page 1, and have had my questions answered. I consent to this service as explained and agreed with my coach and accept the shared ordinary-negligence release for this service only. I understand that this affects my legal rights. I may stop or decline any part of the activity at any time.

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Lactate testing

A cycling or running assessment using staged exercise and small finger-blood samples measured with Nova Lactate Plus to inform training. Your coach explains the starting workload, progression, intended endpoint, stopping criteria, sample count/amount, operator and recovery before you sign. A competent, authorized operator uses a new single-use safety lancet for each puncture under current device instructions. No earlobe sampling is authorized.

Risks and alternatives

Exercise may cause exhaustion, nausea, strains, falls, abnormal heart rhythms, heart attack, stroke or death. Sampling may cause pain, bleeding, bruising, irritation, infection or fainting. Tell your coach about bleeding/fainting concerns, medication, skin issues or needle sensitivity. Results have measurement and interpretation limits and are not medical clearance or diagnosis. Sampling occurs only when stopped or safely supported; repeat punctures require agreement.

Alternatives include a lower-intensity or non-blood assessment, no test or healthcare advice. Signing this Lactate testing section includes consent to the explained finger-blood sampling; there is no separate sampling form. You may decline any sample or stop at any time. Without blood sampling there is no blood-lactate result. No extra penalty applies for stopping or declining; appointment terms remain separate.

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By signing below, I confirm I am 18 or older, have read this Lactate testing section and the shared provisions on page 1, and have had my questions answered. I consent to this service as explained and agreed with my coach and accept the shared ordinary-negligence release for this service only. I understand that this affects my legal rights. I may stop or decline any part of the activity at any time.

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VO2 testing

Exercise with the agreed gas-analysis equipment and breathing interface to estimate oxygen consumption and inform training. Your coach explains the sport, stage progression, submaximal or maximal endpoint, expected effort, stopping criteria and recovery before you sign. Results are estimates, not diagnostic cardiopulmonary testing or medical clearance.

Risks and alternatives

Increasing exertion can cause marked fatigue, breathlessness, nausea, fainting, falls, strains, abnormal heart rhythms, heart attack, stroke or death. The breathing interface may cause discomfort, anxiety or skin irritation. Equipment fit, calibration and protocol affect accuracy. Report breathing difficulty or interface problems immediately.

Alternatives include a gentler assessment, field estimates, training without testing, postponement or medically supervised evaluation. This section does not authorize blood sampling.

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By signing below, I confirm I am 18 or older, have read this VO2 testing section and the shared provisions on page 1, and have had my questions answered. I consent to this service as explained and agreed with my coach and accept the shared ordinary-negligence release for this service only. I understand that this affects my legal rights. I may stop or decline any part of the activity at any time.

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Sweat testing

Estimate sweat loss and, where supported by the method, electrolyte losses during agreed exercise using Nix or another method explained by your coach. Your coach explains skin-contact products, exercise intensity/duration and environmental limits. Results inform individualized hydration discussion, not a universal drinking or sodium prescription.

Risks and alternatives

Adhesives/sensors may cause irritation or allergy. Exercise and heat can cause dehydration, heat illness, fainting, falls or cardiovascular emergencies. Excess fluid intake can cause dangerously low blood sodium. Results vary with conditions and device limitations. Do not deliberately dehydrate or extend heat exposure merely to obtain a reading; report symptoms promptly.

Alternatives include a shorter/cooler session, non-adhesive sweat-rate estimation where suitable, ordinary training without measurement or healthcare advice for medical fluid restrictions.

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Body-composition testing

Estimate body composition using the original InBody 270 or another method explained by your coach. Your coach confirms preparation and manufacturer suitability requirements. InBody uses bioelectrical impedance; estimates vary with hydration and other conditions and do not diagnose disease or determine personal worth.

Risks and alternatives

Standing or stepping onto equipment may cause loss of balance; skin contact may cause discomfort. Measurements and weight discussion can cause distress. Disclose implanted electronic medical devices, pregnancy and difficulty standing before testing. Resolve suitability under current manufacturer instructions and healthcare advice where needed; consent does not override a contraindication.

Alternatives include no measurement, discussing goals without weight/body-composition data, a suitable alternative method or healthcare advice. Stop any measurement or discussion that causes distress.

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Swimming

Swimming instruction, technique assessment or training in the pool or open-water setting agreed with your coach. Your coach discusses swimming ability, activity, environmental limits, supervision, rescue access and emergency arrangements before you sign. A coaching presence does not itself provide lifeguard coverage.

Risks and alternatives

Water activity can cause panic, aspiration, drowning, serious injury or death. Other risks include slips, collisions, fatigue and temperature illness. Open water adds currents, waves, poor visibility, weather, water quality and boat traffic. Do not swim alone. Confirm actual supervision/rescue arrangements before entering the water; stop if conditions or ability exceed agreed limits.

Alternatives include dry-land discussion, a suitable supervised pool session, reduced activity, postponement or specialist instruction. Technique assessment also needs the Sport technique section. This section does not authorize breath-hold or hypoxic drills.

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By signing below, I confirm I am 18 or older, have read this Swimming section and the shared provisions on page 1, and have had my questions answered. I consent to this service as explained and agreed with my coach and accept the shared ordinary-negligence release for this service only. I understand that this affects my legal rights. I may stop or decline any part of the activity at any time.

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