LamLab Facility Terms and Conditions

These terms set out the rules every group, team and individual must follow while using the LamLab training facility, including group dryland training. They apply to LamLab Fitness Mastery Inc. ("LamLab") and to any group or organization that books the facility (the "Group"), including its athletes, parents or guardians, coaches, managers and guests (together, "Users").

Facility: LamLab Fitness Mastery Inc., 2B-521 North Service Road East, Oakville, ON L6H 1A5
Contact: info@lamlab.ca | www.lamlab.ca

1. Booking and payment

- Sessions are booked in advance with LamLab and confirmed in writing (email or the LamLab booking calendar). The facility operates by appointment only.
- The Group purchases a pack of sessions in advance, and each session delivered is deducted from that pack. LamLab invoices the Group, or the person named as the paying party, and payment terms are shown on the invoice. Session packs are non-refundable, and sessions in a pack do not expire.
- Cancellations require at least 12 hours' notice. A session cancelled with less than 12 hours' notice is still deducted from the Group's session pack. Notice is given once for the whole team, by the Group's manager or designated representative. Genuine emergencies may be exempt at LamLab management's discretion.
- LamLab may cancel or reschedule a session for safety reasons, staffing or facility issues, and will offer a replacement session where possible.

2. Insurance

- The Group confirms it holds valid liability insurance through its governing body (OWHA or the member association) that covers its activities at the facility.
- Before the first session, the Group will provide a Certificate of Insurance that lists LamLab Fitness Mastery Inc. as an Additional Insured and as the Certificate Holder ("Certify To"), using the business name and facility name only.
- LamLab maintains its own commercial general liability insurance for the facility.
- A session will not proceed if the required Certificate of Insurance has not been received.

3. Registration, waiver and medical information

- Every participant must complete LamLab's registration form and waiver, and a PAR-Q (Physical Activity Readiness Questionnaire), before their first session. For participants under 18, a parent or legal guardian must complete and sign it.
- Participants must disclose any injury, medical condition or limitation that could affect safe training, and keep that information current.
- Participants who are unwell, injured, or have been cleared by a doctor to limit activity must tell the coach before the session starts. LamLab may modify or stop a participant's training for safety.
- Participants must download and log in to the LamLab Coach app before attending, so attendance and programming can be tracked.

4. Supervision and minors

- LamLab coaches lead all training. Participants must follow their coach's instructions at all times.
- A representative from the Group is welcome to attend sessions but is not required to.

- Participants under 18 must be dropped off and picked up on time, and must not be left unsupervised before or after a session.
- All LamLab coaches hold a current Vulnerable Sector Check, and copies are available to the Group on request.

5. Rules while on the property

- Arrive on time and check in with your coach. Do not enter the training area before your session start time unless a coach is present.
- Wear clean indoor training shoes and appropriate athletic clothing. Street shoes are not permitted on the training floor.
- Use equipment only as instructed by a coach and only during supervised sessions. Do not move, adjust or load equipment without coach approval.
- Re-rack and return all equipment after use. Report any broken or unsafe equipment to a coach right away.
- No running, horseplay, throwing equipment or climbing on racks or structures.
- Treat coaches, other participants and other facility users with respect. Harassment, bullying, abusive language and discrimination are not tolerated.
- No smoking, vaping, alcohol, cannabis or illegal substances on the property.
- Water is welcome. Food and other drinks are not allowed on the training floor unless the coach approves.
- Keep the facility clean. Wipe down equipment after use and place garbage in the bins.
- Do not photograph or record other people, including other clients, without their permission. Photos and videos of the Group's own session need the coach's approval first.
- Keep bags and personal items in the area the coach points out. Do not leave valuables unattended.
- Parents, guardians and guests may only enter the training area with permission from LamLab.
- Pets are not permitted, except certified service animals.

6. Health, safety and emergencies

- Participants must warm up and train within their ability, and tell the coach right away about pain, dizziness or injury.
- In an emergency, call 911 first, then notify the LamLab coach on site.
- All injuries and incidents, however minor, must be reported to the coach before leaving. LamLab will record the incident and share a copy with the Group on request.
- Users must follow posted safety signs and emergency exit routes, and any instructions given by LamLab staff.

7. Equipment, property and damage

- Users are responsible for any damage to the facility or equipment caused by misuse, carelessness or deliberate acts.
- LamLab is not responsible for lost, stolen or damaged personal items.
- The Group is responsible for the conduct of its athletes, parents, coaches, managers and guests while at the facility.

8. Assumption of risk and release

- Physical training carries a risk of injury. By taking part, Users accept that risk.

- To the fullest extent permitted by law, Users release LamLab, its owners, coaches and staff from claims arising from participation, except where the loss is caused by LamLab's own negligence or breach of these terms.
- The Group will make sure its athletes and their parents or guardians have read these terms and the LamLab waiver before attending.
- Nothing in these terms limits any right that cannot be limited by law.

9. Privacy

- LamLab collects registration, waiver, attendance and health information only to run safe sessions and manage bookings.
- LamLab does not sell personal information and shares it only when needed for safety, insurance or legal reasons.
- LamLab may use photos or videos for marketing only with written consent from the participant, or a parent or guardian for those under 18.

10. Right to refuse or end a session

LamLab may refuse entry to, or remove, any User who breaks these terms, puts others at risk, or does not follow staff instructions. LamLab may end the Group's bookings if these terms are repeatedly broken. Fees for sessions already delivered remain payable.

11. Changes and governing law

LamLab may update these terms and will notify the Group of material changes. These terms are governed by the laws of the Province of Ontario and the federal laws of Canada that apply there.

12. Acknowledgement

By booking and attending sessions at LamLab, the Group and its Users agree to follow these terms.

Group / organization	**Authorized representative (print)**	**Signature**	**Date**
Oakville Hornets Rep Team, U18 BB1			

LamLab Fitness Mastery Inc.	**Authorized representative (print)**	**Signature**	**Date**
LamLab Fitness Mastery Inc.	Anthony Lam, Founder & Head Coach		