



INFORMED CONSENT FOR PERSONAL INFORMATION TO BE COLLECTED AND STORED

This consent is provided in terms of The Protection of Personal Information Act 4 of 2013 (POPIA).

InTraining (“we” or “us”) collect our clients’ personal information as set out below. All personal data is kept strictly confidential and we do not share any data other than with our fitness instructors and employees.

Personal information which we collect will only be used as follows:

- 1) to provide you with appropriate fitness instruction, including meeting your particular needs;
- 2) to communicate with you in respect of your fitness programme, including reminding you of appointments and collecting payments for services rendered;
- 3) for administrative purposes, including preparing invoices and collecting payment for services rendered;
- 4) for record-keeping;
- 5) as proof;
- 6) for enforcement of InTraining’s rights;
- 7) for any other lawful purpose related to the activities of a private fitness instruction practice; and/or
- 8) as may be requested or authorised by the client.

We collect the following sensitive personal data for the purposes set out below:

- 1) your health data in order to assess your readiness for physical exercise and in order to design an exercise programme tailored to you.; and
- 2) photographs of you as part of our fitness assessment and in order to assist you with weight loss, physical appearance and/or fitness goals.

It is important that you provide accurate information to us about your health status, medical history and other personal details such as a valid e-mail address and mobile number to facilitate appropriate care and instruction, communication with you and payment of accounts. It is your responsibility to inform InTraining if any of the information has changed.

By submitting any personal information to InTraining you provide consent to the processing of your personal information as set out in this consent form. Please do not submit any personal information to us if you do not agree to any of these provisions.

I consent to InTraining using my personal information as set out in this consent form. I confirm that I have had an adequate opportunity to read this document and that I fully understand my rights in respect of my information held by InTraining and how InTraining will process my personal information. I confirm that I provide consent of my own free will without any undue influence from any person whatsoever and that I have received all the information required to provide consent.

Signature: _____

Full name and surname: _____

Date: _____