

TERMS AND CONDITIONS / TERMS OF SERVICE, WAIVERS AND INDEMNITIES

The SupaShape Challenge is owned and operated by Ascendis Sports Nutrition who utilise technological infrastructure and content provided by Sheriff Training Systems ("STS") to facilitate the Challenge.

IMPORTANT! Your STS Affiliated Professional, STS Trainer or Challenge Coach offers services, advice and guidance to clients as an independent service provider utilising infrastructure provided by Sheriff Training Systems (STS). Your contractual training relationship is with your trainer in his/her own business capacity, not with STS, and your coach/trainer assumes all liability in relation to services provided.

By your acceptance of the Terms of Service or by your accessing of the STS Training Portal or mobile application (powered by Trainerize), or the SupaShape Training Platform (powered by Trainerize) or use of any STS affiliated services, information or content or the services of any trainers or professionals utilising infrastructure or content provided by STS, you warrant that you have fully read, understand and agree to be bound by all text, terms and disclaimers below as well as by the documents located at World Wide Web address <http://bit.ly/253jfw> which are subject to change without notice. These documents include the Sheriff Training Systems (STS) Website Privacy Policy, STS Website Terms and Conditions, STS General Terms and Conditions, STS Website Disclaimer and STS Affiliate Disclaimer, Terms and Indemnification. STS will endeavour to post any changes or additions to these documents to the web address aforementioned, however it is the responsibility of each person to keep up to date with these documents and should they at any time not be accessible updated copies must be requested by e-mailing admin@sherifftraining.co.za AND support@sherifftraining.co.za prior to making use of the STS Website, STS Training Portal web/mobile application powered by Trainerize, any STS affiliated services, any training platforms utilising STS content or infrastructure, information or content or the services of any trainers or professionals utilising infrastructure provided by STS.

It is hereby expressly stated that Sheriff Training Systems (STS) does not provide personal training, online training, nutritional advice, personal advice, medical advice or guidance of any kind, nor does STS contract with clients seeking any of these services under any circumstances. All trainees utilising the STS Training Portal powered by Trainerize and/or any other training platforms incorporating STS infrastructure or content and all trainees procured through leads collected by STS are trained by affiliated professionals and trainers, as well as non-affiliated professionals and trainers (in certain cases), in their own capacities as independent service providers. All content provided by STS through any medium is for informational purposes only and any reliance or use of this content is completely at your own risk. STS makes no warranties as to the suitability or accuracy of the leads or content provided to affiliated trainers or professionals or third parties or to their respective clients, nor does STS assume any responsibility whatsoever for the suitability of prospective clients or their medical suitability for training or advice. STS is purely a business services provider and it is the responsibility of affiliated trainers, affiliated professionals and non-affiliated parties and coaches to inform clients and prospective clients that they operate as independent service providers and to ensure their own competency, insurance and qualification to provide any services to their clients. STS makes no representations as to the suitability of any services, advice or guidance provided by affiliated trainers and professionals or third parties or coaches, and expressly disclaims any liability related thereto.

It is hereby expressly stated that by your accessing of this website, of the STS Training Portal or mobile application (powered by Trainerize) or use of any STS affiliated services, training platforms incorporating STS content or infrastructure or information or content or the services of any trainers or professionals utilising infrastructure provided by STS, you irrevocably and unconditionally waive to the full extent permissible by law all or any rights which you might now have or in the future obtain to claim any damages of any nature whatsoever from STS or any of its agents, owners, partners, contractors, employees or directors due to any reason whatsoever whether due to negligence or not, including due to the performance by STS in providing business services, content and leads to affiliated professionals and trainers and non-affiliated third parties and coaches who might or might not provide services to you. You expressly understand and acknowledge that STS acts as business services provider to fitness professionals, companies and third party entities who render services in their own capacities as independent service providers and that all claims which you or any trainees, clients, prospective clients or third parties might now have or in the future obtain in relation to any fitness services, nutritional services, dietary supplement services, advice, guidance or other services of whatsoever nature lie against your trainer/coach as independent service provider and not against STS. It is your trainer's responsibility to ensure that they are a suitably qualified professional competent to provide services to you, and your trainer is responsible for obtaining the necessary insurances appropriate to their business and service offerings. Your trainer is responsible for compliance with the Consumer Protection Act, all applicable laws and the safety of their clients and STS assumes no responsibility for your trainer's failure to comply, nor will STS be liable for any consequences thereof.

The information presented by or contained in Sheriff Training Systems (STS), the STS Training Portal powered by Trainerize, or provided through STS or any training platforms utilising STS content or infrastructure (collectively, the Content) is presented for the purpose of sharing general information with trainees, athletes and coaches on fitness,

general health, and related training issues and topics. Nothing contained in STS or the Content is intended to be instructional for medical diagnosis or treatment. The information should not be considered complete, nor should it be relied on to suggest a course of treatment for a particular individual. It should not be used in place of a visit, call, consultation or the advice of your physician or other qualified health care provider. Information obtained from STS is not exhaustive and does not cover diseases, ailments, physical conditions or their treatment. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read on or through STS or the STS Training Portal. Information contained at or presented by STS is for informational use only.

The Content and other information contained in or presented by STS is compiled from a variety of trainers, professionals and sources (Information Providers). Neither STS nor any Information Providers directly or indirectly practices medicine or dispenses medical services as part of STS. STS is not a substitution for the services of a physician, a health provider, or any trained health professional. Our policy does not allow medical advice, emotional advice, nutritional advice, legal advice or personal advice of any kind. Nutritional, training, supplement and dietary information provided on or presented by STS is for informational purposes only and any questions or concerns related to any information provided should be addressed to and discussed with your physician, healthcare provider, family nutritionist or your registered dietician.

Adults should not commence any short or long-term diet program without seeking competent medical advice. Infants, toddlers and teenagers should only participate in a diet program under competent medical supervision. STS Policy prohibits the offering of products or services to minors without the consent of the appropriate legal guardian in accordance with the laws of your country or state and it is the responsibility of your trainer/professional as independent service provider to ensure that you are suitable for the services they offer and that they have complied with all applicable laws and the Consumer Protection Act. If you are under the age of 18 and your trainer has not obtained consent from your legal guardian, you may not respond to or otherwise accept or act upon any offers, content, advice, guidance or information on this website or training platform, nor may you utilise the products, content or services of STS through any medium - please immediately notify admin@sherifftraining.co.za AND support@sherifftraining.co.za that you are a minor and exit this website.

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