

Privacy policy & terms of use

European Global Data Protection Regulation

Runningcare.lu understands Member Registration and Payment Information may be considered Personal Data under European Union Global Data Protection Regulations (GDPR). Runningcare.lu. endeavours to comply with GDPR including, but not limited to, a) protecting your right to have Personal Data collected only after you have specifically taken action to approve the collection of your Personal Data, b) the right to easily access a mechanism to withdrawal that approval and have your Personal Data promptly removed from our proprietary internal database, c) using industry standard best practices to maintain care, custody, and control over the Personal Data we collect, and d) reporting as prescribed by GDPR any breach of Personal Data within 72-hours of our discovery of such breach. Runningcare.lu. believes the nature and scope of the Personal Data it collects does not require the designation of a GDPR Data Protection Officer.

And, we aim to store as little personal information as possible. We store your name and email (and physical address, if necessary, for shipping physical products) in order to process your orders and send you an invoice. We do NOT store your credit card/bank account information, which is used for payments

Your data

Runningcare.lu is very careful with your private data. We do not share any data with other parties for commercial use.

If you wish to access, modify or delete your data please send and email info@runningcare.lu with your request and we will make sure to process it as quickly as possible. If you have any questions or concerns, please contact us using the same email address.

Our vendors

We may share parts of your data with the following 3rd party vendors that we require to make your products and services work:

- Cliniko: For administration/schedule purposes
- Trainingpeaks: For communication of the training program/schedule with customers.
- PhysiApp: For exercises purposes

.

Cancellation

You may cancel your coaching/training subscription at any time by contacting info@runningcare.lu. Cancellation of your subscription will go into effect at the end of your current billing cycle.

Force Majeure

Neither party shall be liable for any failure of or delay in the performance of this Agreement for the period that such failure or delay is due to acts of God, public enemy, civil war, strikes or labour disputes, or any other cause beyond the parties' reasonable control. Each party agrees to notify the other party promptly of the occurrence of any such cause and to carry out this Agreement as promptly as practicable after such cause is terminated.

ACCIDENT WAIVER & RELEASE OF LIABILITY CONTRACT

I, the undersigned participant in runningcare.lu training/coaching program, hereby certify that I have a sufficient level of fitness to participate in the training sessions that are prescribed to me and that I am physically fit and have not been advised otherwise by a qualified medical person. I am aware that open water and pool swimming, cycling and running are potentially hazardous activities in an uncontrolled open course environment and carry with them the potential for serious injury or death. I hereby agree to assume all risks associated with the training sessions and all activities incident thereto including, but not limited to: extreme physical exertion; falls; contact with other participants, event equipment, watercraft, vehicular traffic, potentially dangerous animals; the effects of weather, road conditions and cold water. Additional risks are described on the accompanying List of Possible Hazards.

I hereby assume all of the risks of completing Runningcare.lu coaching and training sessions that have been prescribed. I realise that liability may arise from negligence or carelessness on the part of the entities or persons named below or from dangerous or defective equipment controlled by them.

Having carefully read the above waiver and all risks being known and appreciated by me and in consideration of my participation in runningcare.lu prescribed training sessions and all activities incident thereto; I hereby take action for myself and anyone entitled to act on my behalf as follows:

1. Waive, release and discharge from any and all liability for my death, disability, personal injury, property theft or actions of any kind however caused which may hereafter accrue to me the following entities or persons: runningcare.lu coaches, trainers, volunteers, representatives and sponsors.
2. Indemnify and hold harmless the entities or persons mentioned above from any and all liabilities or claims made as a result of participation in runningcare.lu prescribed training sessions, whether caused by negligence or otherwise.
3. I grant my permission to runningcare.lu and of its transferees and licensees, to utilise any photographs, video recordings and any other references or records of training which may depict, record, or refer to me for any purpose, including commercial use, by runningcare.lu.

I certify that I have read and agree to all of the terms and conditions stated on this form. I acknowledge that this accident waiver and release of liability contract will be used by runningcare.lu and that it will govern my actions and responsibilities when undertaking runningcare.lu training sessions and shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I recognise and understand all the terms and conditions set between my Coach/trainer and myself and agree to follow all the guidelines set out. I have read this entire document and understand its content without exception.

LIST OF POSSIBLE HAZARDS:

The following is a partial list of hazards that are often associated with training for triathlon, duathlon, bike racing, running, swimming, and other such endurance events:

Falls and collisions with other athletes or vehicles resulting in broken bones, sprains, strains, contusions, and equipment damage. Drowning during open water/pool swimming. Saddle sores, neck and back pain, and hand numbness related to bicycle riding or repetitive motion or other cycling specific ailments. Soft tissue injuries. Upper respiratory infections associated with heavy training loads. Heart attack and other heart-related symptoms. Gastrointestinal problems such as diarrhoea, constipation (due to dehydration issues). Blood in urine or issues trying to urinate, high ketones or protein levels. Anaemia, fatigue, difficulty sleeping, and exposure to pollution, weight loss, immune system issues due to improper recovery and nutritional needs. Reactions to chlorine: possible ear infections, excessive dry skin (worse in cold climates), change in hair colour, and nasal infections.

Complete Agreement; Non-Waiver

This document (as defined above) constitutes the entire agreement between the parties. This document supersedes and replaces any and all prior or contemporaneous understandings or agreements, written or oral, regarding such subject matter. Any failure by either party to require strict performance by the other of any provision of this Agreement shall not constitute a waiver of such provision or thereafter affect the parties full rights to require strict performance.

Thank you for taking the time to review the terms and conditions. We encourage you to periodically review these rules to keep yourself apprised of any revisions to this Agreement. If you do not agree to the terms contained in this Agreement, please cancel your service with runningcare.lu