

Injury Mentoring Course – Terms & Conditions & Disclaimer

By enrolling in and participating in this Injury Mentoring Course (“the Course”), you agree to the following terms and conditions:

1. Educational Purpose Only

The Course content is provided for educational and informational purposes only. It is not medical advice and should not be used as a substitute for professional diagnosis, treatment, or advice from a qualified healthcare provider. Always consult your doctor, physiotherapist, or other licensed medical professional regarding any questions you may have about a medical condition or injury.

2. No Guarantees of Results

While the Course aims to provide guidance and support for injury recovery, performance, and mindset, no guarantees are made regarding: Recovery timelines, Injury outcomes, Prevention of further injury, Improvements in performance or health. Each individual's progress and results will vary.

3. Personal Responsibility

By participating in the Course, you acknowledge that: You are solely responsible for your own health, wellbeing, and safety. You will not ignore pain or push beyond your limits. You will consult a qualified medical professional before attempting any recommendations or practices shared in the Course.

4. Limitation of Liability

Neither Hannah Martin, nor any instructors, mentors, affiliates, or other parties involved, shall be held responsible or liable for: Any injury, illness, or condition sustained as a result of using this Course. Any loss, damage, or expenses incurred. Participation is at your own risk.

5. Age Requirement

The Course is intended for individuals aged 18 and over. If under 18, participation is only permitted with the consent and supervision of a parent or guardian.

6. Intellectual Property

All Course materials (videos, documents, exercises, and other resources) are the intellectual property of Hannah Martin and are protected by copyright law. You may not copy, share, distribute,

reproduce, or resell any Course content without prior written permission.

7. Jurisdiction

These Terms shall be governed by and construed in accordance with the laws of the United Kingdom. Any disputes shall be subject to the exclusive jurisdiction of the courts of the United Kingdom.

8. Acceptance of Terms

By enrolling in the Course, you confirm that you have read, understood, and agreed to this Disclaimer and Terms & Conditions.