



Swim training program terms and conditions

1. Before you buy your program, you must answer yes to all below questions:
 - I'm in good health and fit to undertake swim program
 - I'm at least 16y of age
 - I'm genuinely intending to use program for my personal use only
 - I'm aware that race-based programs and individual programs are not guaranteeing me a successful completion of a swim race; as this will depend on the level of program suitability and my personal commitment to the program.

2. Purchasing your swim program

- a. You can purchase program of your choice from our website. If you are unsure if its suitable, please contact us prior. As no refunds will be made once purchase is completed.
- b. once purchased, you will gain access to your account and to PDF files relevant to your chosen training plan.
- c. You can print these files for your personal use.
- d. You can take the program to the pool. Please ensure that you remove program from the pool deck by tossing it to the bin or taking it back home. You are not to leave program/ plan behind.
- e. Feel free to browse our website for training and technique videos that help with program clarifications.

You must not:

- Sell, distribute or forward plans and programs; these are purely for your personal use only!
- Republish any of our programs
- Share them with your mates
- Exploit them in any way
- Give another person access to your account and to your programs, plans and/ or any other access there might be associated with your Vladswim account.



3. Health

You must be a competent swimmer and/or athlete in reasonable health and fitness, in order to participate in swim program and event. Any person suffering from any medical condition must consult his/her medical professional and follow such advice regarding participating in swim program.

You acknowledge and agree that you will be solely responsible for your own health and safety whilst swimming, and we will not be liable to you for any injury you may incurred while following our coaching program.

4. Plans and Programs

We reserve right to change, modify our programs and plans if we believe that the changes are required.

Prices and costs may also be adjusted without prior notice.

Plans and programs may also discontinue or change their lengths or structure without any prior notice.

All plans and programs have individual expiry date/s. You agree to these expiry dates when purchasing your programs.

5. Swimming in pools and open water

Our programs include schedule for pool and open water type of swim sessions.

You are solely responsible for your own health and safety during these training sessions. Making sure you are safe at all times.

POOL: Including but not limited to: swimming in the correct speed lane, in a correct lane direction, avoiding collisions with other swimmers, not diving... etc

OCEAN: including but not limited to: choosing your swim location carefully, checking with lifeguards prior to accessing water for any potential dangers or pollutions, making sure that you are visible to others at all times by wearing hi-vis swim cap



or pulling orange safety buoy behind you, having a swim mate or support paddler accompanying you... etc.

6. Suspicious activity

We reserve right to limit or cancel your access to your Vladswim account without notice or explanation, shall we suspect that you are not adhering to any of the above terms and conditions and are exploiting our programs in any way.

7. Copyright

We (Vladswim Pty Ltd), own and control all the copyright and intellectual property rights on our website

I have read and accept the conditions set out in the and I acknowledge that each program involves a range of risks (not limited to the risks identified by Vladswim).

Therefore, and in consideration of Vladswim accepting me as a participant in their program, for myself, my heirs, successors, executors, and administrators, I hereby:

(a) acknowledge that my participation in any program is entirely at my own risk;

(b) waive, release and discharge Vladswim, its officers, coaches, organisers, members and all other participants (or any one or more of them and their respective heirs, successors, executors and administrators) (collectively “the Releasees”) from all claims for personal injury or death (“Claims”) and demands whatsoever, including any claim.