



NRH Centre Fee-Based Training and Coaching Policy

The NRH Centre is a closed-training facility; only those certified personal trainers who are contracted through the City of North Richland Hills are permitted to fitness train, coach instruct members, participants or guests.

Training and Coaching at the NRH Centre

Personal Training, Coaching or Instructing for a fee at the NRH Centre is only available through City of North Richland Hills NRH Centre contracted trainers, instructors and coaches. As examples, this includes fitness training, swim coaching, group exercise, and sports coaching. Trainers and coaches that are not contracted directly by the City of North Richland Hills NRH Centre are prohibited from providing training and coaching services at the NRH Centre for a fee to members, participants or guests.

An individual may be seen as personal training/coaching if he/she is:

- Receiving payment for an exercise or coaching session
- Designing a program or workout
- Providing exercise, sports, or specific techniques
- Soliciting members, participants or guests while at the NRH Centre

Failure to comply with the Fee-Based Training and Coaching Policy is in direct violation of NRH Centre policy and may result in suspension or termination of NRH Centre membership privileges.

Why No Outside Trainers/Coaches?

- The City of North Richland Hills NRH Centre cannot adequately control the quality of training or coaching from individuals that are not contracted or employed by the City of North Richland Hills NRH Centre. These individuals may not have adequate academic background, ability, training or experience to correctly train members. The City of North Richland Hills NRH Centre is limited in its ability to regulate outside trainers in order to prevent or correct potential erroneous information or technique passed on to members.
- Individuals not employed or contracted by the City of North Richland Hills NRH Centre have not been trained by the NRH Centre on staff policies and procedures and therefore are unauthorized trainers in the City of North Richland Hills at the NRH Centre. Additionally they have not completed a full background check which is required of all City of North Richland Hills contract instructors, trainers, and employees.
- A legal liability arises for the City of North Richland Hills NRH Centre if we are aware of outside trainers and coaches working within the NRH Centre, and profiting from the use of the City of North Richland Hills NRH Centre's equipment and facilities without consent.
- The use of the City of North Richland Hills NRH Centre for outside training and coaching is in direct competition with the training and coaching services that the NRH Centre offers.