

SAFETY TIPS

You should always be cautious when interacting with someone you don't know. Use your best judgment and put your safety first, whether you are liking a profile, conversing through messages or conducting a session in person or online for fitness training. While you can't control the actions of others, there are things you can do to help you stay safe during your TAB experience.

Online Safety

- **Protect Your Personal Information**
Never share personal information, such as your social security number, home or work address, or details about your daily routine with people you don't know. Do not share information about your children or other family members on your profile and in any communications.
- **Stay on the Platform**
Keep conversations on the TAB platform while you're getting to know a fitness buddy. Users with bad intentions often try to move the conversation to text, messaging apps, email, or phone right away.
- **Report All Suspicious and Offensive Behavior**
You know when someone's crossed the line and when they do, we want to know about it. Block and report anyone that violates our terms. Here are some examples of violations:
 - Requests for money or donations
 - Underage users
 - Harassment, threats, and offensive messages
 - Inappropriate or harmful behavior during or after meeting in person for training
 - Fraudulent profiles
 - Spam or solicitation including links to commercial websites or attempts to sell products or services
- **Never Send Money or Share Financial Information**
Never send money, especially over wire transfer. Wiring money is like sending cash — it's nearly impossible to reverse the transaction or trace where the money went. Never share information that could be used to access your financial accounts. If another user asks you for money, report it to us immediately.
- You can report any concerns about suspicious behavior to customer support at support@tab.fit.
- **Protect Your Account**
Be sure to pick a strong password, and always be careful when logging into your account from a public or shared computer. TAB will never send you an email asking for your username and password information — if you receive an email asking for account information, report it immediately.

Meeting in Person for Training

- **Don't Be In A Rush**
Take your time and get to know the other person before agreeing to meet and train. Don't be afraid to ask questions to screen for any red flags or personal deal-breakers.

- **Tell Friends and Family About Your Plans to Train**
Tell a friend or family member of your plans to train, including when and where you're going. Have your cell phone charged and with you at all times.
- **Be in Control of Your Transportation**
We want you to be in control of how you get to and from your training so that you can leave whenever you want. If you're driving yourself, it's a good idea to have a backup plan such as a ride-share app or a friend to pick you up.
- **Don't Leave Personal Items Unattended**
Keep your phone, purse, wallet, and anything containing personal information on you at all times.
- **If You Feel Uncomfortable, Leave**
It's okay to end the training session early if you're feeling uncomfortable. In fact, it's encouraged.