DYNAMIS NORTH TRAINING SYSTEMS

Private Beta Participation Agreement and Terms of Use

Version 1.0 | Document date: 7 October 2026

This Agreement is between Alexandre James Rodrigue, carrying on business as DYNAMIS NORTH TRAINING SYSTEMS, a sole proprietorship ("Dynamis", "we", "us" or "our"), and the individual accepting it ("you" or "participant"). Dynamis is the business name of Alexandre James Rodrigue, not a separate corporation.

Ontario business registration number: 1001771605

Operator, coach and privacy contact: Alexandre James Rodrigue

Contact for participation, questions, withdrawal and privacy requests: dynamisnorthtraining@gmail.com

Agreement date: The date of your recorded electronic acceptance when this document is issued for participation.

Document package: Sections 1–13 are the participation terms. Schedule A is the Privacy Notice. Schedule B explains a separate, optional consent for de-identified model development. The schedules form part of this package; Schedule B authorises development use only when you separately opt in.

IMPORTANT: You will exercise independently, without live supervision or emergency monitoring. Section 10 contains a release of certain injury-related claims, including claims based on ordinary negligence. Read it carefully before agreeing. It does not waive rights that cannot lawfully be waived.

1. Eligibility and voluntary participation

1.1 The private beta is invitation-only and is intended for individuals who are at least 18 years old, reside in Ontario, Canada, and participate in Ontario. You must provide your own information and use your own account. Notify us before attempting to participate from outside Ontario; this Agreement does not authorise participation outside Ontario.

1.2 Participation is voluntary. You may decline any exercise, ask for clarification, or withdraw without a cancellation charge. Access to the platform is not approval to begin exercising: a plan must first be approved and released under Sections 2 and 3.

1.3 You must be able to understand and consent to this Agreement and the handling of your information. Contact us before accepting if you need an accessible format or an explanation. Invitation or acceptance does not guarantee admission, continued access, a particular feature, or access to any later product.

2. What the beta provides and how plans are approved

2.1 Dynamis provides individualised exercise programming for general fitness, strength and conditioning. Programming may consider your goals, experience, current activity, preferences, equipment, available time, relevant health and functional information, exercise completion and subsequent feedback.

2.2 The software can generate candidate plans and proposed adjustments. Alexandre James Rodrigue will personally review and approve every initial plan and every change to a plan, including every software-generated change, before that plan or change is made available in your participant portal. There

are no unapproved automatic changes to the exercise prescription provided to you.

2.3 A pending suggestion, draft or requested adjustment is not an approved prescription. A request for a change does not mean it has been accepted. A previous approval is not permission to continue an activity that has become inappropriate because of new symptoms, restrictions or circumstances. Tell us about those changes and stop the affected activity pending appropriate review.

2.4 Workouts are performed independently. The service does not include in-person instruction, live supervision, continuous review of messages, real-time technique assessment, remote medical monitoring or emergency response. A published plan, automated message or recorded workout does not mean that a person is watching you or has assessed your current health.

2.5 This is a developing beta. Features may change; software can produce errors, lose availability or require correction. Report an apparent error and do not follow a recommendation that appears unsafe or inconsistent with your circumstances. Beta status does not remove the personal-review requirement or any obligation that cannot lawfully be excluded. No particular fitness result or injury-free experience is guaranteed.

2.6 The review arrangement in Section 2.2 will not be reduced for your participation through an undisclosed software update. Any proposed material change to human review will be explained in advance and will require your express acceptance before it applies. You may decline and withdraw.

3. Screening, referral and the limits of exercise coaching

3.1 Alexandre James Rodrigue provides this beta in his role as a Certified Strength and Conditioning Specialist (CSCS). The service is not medical diagnosis, medical clearance, physiotherapy, injury rehabilitation or treatment of an injury, disease or other medical condition. No separate clinical service is created by this Agreement.

3.2 Before a plan is released, we review the submitted intake and any identified safety concerns for exercise-programming purposes. Screening is informed by relevant NSCA guidance and the information you provide; it is not a physical examination or a guarantee of exercise suitability. A positive screening response requires review, not an assumption that you are automatically safe or automatically ineligible.

3.3 We may request further relevant information, restrict proposed activities, pause participation, refer you to an appropriately qualified healthcare professional, or decline participation where your needs are outside the service or cannot appropriately be addressed remotely. A physician-signed exercise-clearance or guidance form may be required before beginning, resuming or progressing activity when indicated by screening or a change in circumstances. Do not proceed with activity for which requested clearance or guidance remains outstanding.

3.4 Any healthcare instructions or restrictions must be disclosed and followed. Clearance or guidance does not guarantee admission or eliminate exercise risks, and we will not knowingly prescribe activity inconsistent with an applicable restriction. If instructions are unclear, clarification is needed before the affected activity proceeds. A trainer’s approval to progress an exercise is not medical clearance and does not override a healthcare restriction.

3.5 When a previous injury or restriction is disclosed, the affected exercises are reviewed before prescription. Where appropriate within this service and consistent with healthcare guidance, programming may introduce loading gradually and request feedback about tolerance. More complex or technically demanding movements affecting the relevant area remain restricted until Alexandre personally approves them. Gradual loading and symptom feedback are programming tools, not a substitute for assessment or treatment, and are not used to test through an unresolved safety concern.

3.6 New or worsening pain, a new injury or condition, relevant medication changes, pregnancy or postpartum changes, a concussion, a new healthcare restriction, or other material health changes may require further screening and a pause or revision of the plan. Do not wait for the next scheduled workout to report information that may make the existing plan unsuitable.

4. Your responsibilities and emergency precautions

4.1 Give accurate and complete information to the best of your knowledge, including relevant restrictions and changes. You are not expected to diagnose yourself. Tell us when you do not know an answer, do not understand an instruction, or are unsure whether activity is appropriate. Do not omit a relevant safety concern merely to gain access.

4.2 Use an appropriate exercise space and equipment in good working order. Follow equipment instructions and applicable facility rules. Do not attempt unfamiliar movements, loads, equipment or activities that you cannot reasonably perform safely. Where safe performance requires assistance or a spotter that is not available, do not attempt that activity; request an alternative.

4.3 Do not deliberately exceed the approved prescription or substitute a materially different exercise, load or intensity without review. You may always stop, omit or reduce an activity for safety. Report that adjustment so that the plan can be reviewed; no target or completion score requires you to continue when it is unsafe.

4.4 Stop exercising if you experience concerning symptoms, including chest pain or pressure, fainting, severe or unusual breathlessness, sudden neurological symptoms, or new, worsening or otherwise concerning pain. Seek appropriate healthcare assessment. For an emergency, call 911 or local emergency services; do not wait for a Dynamis reply. These examples are not an exhaustive list of warning signs.

4.5 Portal entries, feedback forms and email are not emergency channels and may not be reviewed promptly. After addressing any urgent needs, report an exercise-related incident or concerning response so that the affected activity can be reviewed. Your reporting responsibilities do not transfer to you a duty that the law places on Dynamis.

5. Fees, duration and withdrawal

5.1 Participation in the private beta is free. There is no enrolment fee, subscription charge, automatic renewal into a paid service, or obligation to buy a future service. We do not require payment-card information for beta participation. Any future paid service requires a separate agreement that clearly states its price and terms.

5.2 You remain responsible for third-party expenses you choose to incur, such as internet access, equipment, facility access or healthcare appointments. This Agreement does not authorise Dynamis to charge or purchase anything on your behalf.

5.3 The parties exchange the access and services described here and their respective promises under this Agreement; no cash payment is required. Participation begins when you accept and receive beta access and continues until you withdraw, we end your participation, or the beta ends. Exercise access remains subject to screening and plan approval.

5.4 You may stop exercising at any time. To withdraw and close your participation, email dynamisnorthtraining@gmail.com. Your withdrawal is effective when we receive it; we will confirm closure. You do not need to give a reason. Merely missing a workout does not communicate an account-closure request.

5.5 There is no guaranteed beta end date or minimum period of access. Termination and any applicable notice are addressed in Section 11. Withdrawal does not itself erase every record; Schedule A explains retention and privacy requests.

6. Personal and health information

6.1 Schedule A explains the information collected, its purposes, access, service providers, cross-border processing, safeguards, retention and your choices. It must be available before you submit health information, including a saved intake draft. We request express consent for the necessary handling of personal and health information through the separate privacy checkbox in Section 13.

6.2 Information necessary to screen you, create and adapt your own plan, communicate with you and administer the service is different from information used to improve programming for other people. Refusing information genuinely necessary for an appropriate exercise service may prevent us from providing that service. Declining the optional development consent does not, by itself, prevent participation.

6.3 The primary application database is in Canada, but identifiable personal and health information is transmitted to and processed by the application service in Ohio, United States. Other hosting, routing and email operations are described in Schedule A. This is not a Canada-only data service, and encryption does not prevent necessary authorised processing.

6.4 No release, feedback permission or intellectual-property provision in this Agreement authorises a broader use of your personal information or limits a privacy right or duty that cannot lawfully be limited.

7. Optional, de-identified model development

7.1 Broader model development means evaluating or improving Dynamis programming methods, software and decision rules for use beyond your own service. Identifiable intake, health and training records will not be used as broader model-development or model-training inputs under this Agreement.

7.2 With your separate, optional consent under Schedule B, we may process a limited working copy of relevant records solely to de-identify it, then use qualifying de-identified information for the development purposes explained there. Identifiable source records remain in the service environment. Removing names or assigning a code alone is not sufficient to qualify information for the development use promised here.

7.3 Declining or withdrawing the optional consent will not, by itself, reduce your eligibility, change the fact that the beta is free, or prevent personalised adjustments to your own plan. We will not treat acceptance of these terms, use of the platform or submission of workout feedback as optional development consent.

7.4 Schedule B explains permitted data, access, safeguards, retention and withdrawal. No permission is given here to sell participant datasets, make participant-level data public, or provide identifiable records to a third party to train its general-purpose model. A new purpose requires a new disclosure and any consent required by law.

8. Private access, materials and feedback

8.1 Keep passwords and invitation credentials confidential. Do not share an account or allow another person to use your personalised plan as their own prescription. Notify us promptly if you believe an account or credentials are compromised. Do not access another participant’s information, interfere with the service, or bypass access controls.

8.2 You receive a personal, non-exclusive permission to use the platform and the materials supplied to you for your own beta participation. You may keep a copy of your own plan and records and share them with a healthcare professional, legal adviser, insurer or other person assisting you, subject to other people's privacy rights. You may not resell the software or materials or give others unauthorised platform access.

8.3 Dynamis and its licensors retain their respective intellectual-property rights in software, branding and original materials. This Agreement does not transfer ownership of your personal information, extinguish your privacy rights or give Dynamis ownership of third-party materials.

8.4 Product suggestions are voluntary. You permit Dynamis to use non-confidential, non-identifying suggestions you choose to provide to improve the service without payment to you. This permission does not apply to your health information, training logs or other personal information; those remain governed by Schedule A and any optional consent under Schedule B.

8.5 There is no testimonial, publicity, image-use or marketing consent in this Agreement. The beta's private status does not prevent an honest review, an injury report, a truthful complaint, a protected disclosure, obtaining advice, or communicating with a regulator or other lawful authority.

9. Acknowledgment and assumption of exercise risks

9.1 Exercise has risks that may include muscle soreness; strains and sprains; falls; equipment-related injury; aggravation of a previous injury or condition; and, in some circumstances, serious illness, bodily injury, disability or death. Physical property can also be damaged.

9.2 Risk can arise from health conditions that are known or unknown, technique, balance, environment, equipment, exercise choice, loading, intensity, fatigue, misunderstood instructions or an incorrect recommendation. Remote, independent exercise means an unsafe movement or concerning response may not be identified while it occurs. Screening, software checks, human review and individualised programming cannot eliminate every risk.

9.3 You choose voluntarily whether to perform an activity and accept the inherent risks of exercise that remain despite reasonable care. This acknowledgment alone is not a release of all negligence claims, a representation that every risk has been explained, or a waiver of rights that cannot lawfully be waived. The limited release, and its exclusions, are set out separately in Section 10.

10. Limited release of injury-related claims

PLEASE READ CAREFULLY. THIS SECTION MAY AFFECT YOUR RIGHT TO RECOVER COMPENSATION FOR AN INJURY, INCLUDING AN INJURY CAUSED BY ORDINARY NEGLIGENCE.

10.1 Released person. For this Section, the "Released Person" is Alexandre James Rodrigue, personally and carrying on business as DYNAMIS NORTH TRAINING SYSTEMS. This Section does not create a blanket release for unidentified future coaches, service providers or unrelated persons.

10.2 Release. In consideration of being permitted to participate in the free private beta, and to the extent permitted by applicable law, I release the Released Person from my claims for bodily injury, illness, death or physical property damage arising from my voluntary performance of the exercise activities provided through this beta, including claims caused or contributed to by the Released Person's ordinary negligence in screening for exercise participation, selecting, preparing, reviewing or adjusting exercise plans, or providing exercise instructions, warnings or programming guidance, including through software-assisted programming.

For clarity, ordinary negligence in this Section means a failure to use the reasonable care required in the circumstances, subject to the exclusions below. The release may apply even when such a failure contributes to an injury; it is not limited to risks that arise without fault.

10.3 Exclusions. This release does not apply to gross negligence; reckless or wilful misconduct; fraud; privacy, confidentiality, cybersecurity or data-protection claims; or any right, remedy, duty, warranty or liability that applicable law does not permit to be excluded or waived. In particular, it does not override a non-waivable consumer protection or service-quality right. These exclusions prevail over any inconsistent wording elsewhere in this package.

10.4 Limits. I release only claims I may lawfully release. I do not purport to release rights belonging independently to another person. I am not agreeing to indemnify Dynamis for a claim brought by me or anyone else. This Agreement does not impose a monetary cap on claims outside this limited release, shorten a legal limitation period, require arbitration, or waive a right to participate in a class proceeding.

10.5 Opportunity to decide. Before accepting, I have the opportunity to read and retain this Agreement, ask questions and obtain independent legal advice. I understand that accepting this Section may prevent recovery for some injuries even if the Released Person was ordinarily negligent. I accept this limited release voluntarily through the separate risk-and-release checkbox in Section 13.

11. Suspension, termination and changes

11.1 We may pause, restrict or end participation for a safety concern, inability to provide suitable programming within this service, misuse, a material breach, a security incident or discontinuation of the beta. Immediate action may be necessary to protect you, other participants or information. Where reasonably practicable, we will give notice and explain the reason. We will not end participation solely because you decline or withdraw optional model-development consent.

11.2 When participation ends, no further programming service is promised. Retaining an old plan is not continuing approval that it remains appropriate. You may request access to your records as explained in Schedule A. Record retention, confidentiality, accrued lawful rights and the limited release for activities undertaken while this Agreement applied continue only to the extent appropriate to their purpose and permitted by law.

11.3 We will explain material changes to these terms or privacy practices before applying them to your participation. Where fresh acceptance or consent is required, we will obtain it first. Continuing to use the platform is not a substitute for a separately requested consent. Changes do not retrospectively expand a release or authorise a new use of earlier information.

12. Applicable law and preserved rights

12.1 Ontario law and the federal laws of Canada applicable in Ontario govern this Agreement, subject to mandatory legal protections. A dispute may be brought before an appropriate court, tribunal or regulator in Ontario, without restricting a mandatory right to use another competent forum.

12.2 You may contact dynamisnorthtraining@gmail.com about a concern. Doing so is not a prerequisite to obtaining advice, reporting an incident, contacting a regulator or pursuing a legal remedy. We do not require confidential arbitration or prevent a lawful collective proceeding.

12.3 Nothing in this package excludes a right or duty that cannot lawfully be excluded. If a provision is unenforceable, the rest continues only to the extent lawful; severance does not enlarge the release. The exclusions in Section 10.3 and mandatory law prevail over inconsistent wording. For privacy matters, the

narrower permission in Schedule A or B prevails over a general permission elsewhere.

12.4 This Agreement and its schedules describe the agreed terms of the current beta. They do not exclude liability for a legally actionable representation or remove a mandatory remedy. A future paid service, different clinical service or materially different automated service requires separately agreed terms.

13. Participant acknowledgment and electronic acceptance

Read the complete Agreement and Schedules A and B before making your choices. Each required acknowledgment is separate from the optional model-development choice. You may ask questions or leave this page without joining.

☐ REQUIRED — Eligibility and terms. I confirm that I am at least 18, reside in Ontario and will participate in Ontario. I have read and agree to the Private Beta Participation Agreement and Terms of Use, version 1.0, dated 7 October 2026, including its limits on the services provided.

☐ REQUIRED — Exercise risks and limited release. I understand that I will exercise independently without live supervision or emergency monitoring. I have read Sections 9 and 10 and agree to the limited release in Section 10, including its release of certain ordinary-negligence claims and its stated exclusions. I understand that it may affect my legal rights.

☐ REQUIRED — Express privacy consent for my service. I have read Schedule A, Privacy Notice, version 1.0, dated 7 October 2026. I expressly consent to the collection, use and disclosure of my personal and health information for the necessary purposes described there, including identifiable processing in the United States and the other provider operations disclosed there. I understand that this does not include optional broader model-development consent.

☐ OPTIONAL — De-identified model development. I have read Schedule B, Optional De-identified Model-Development Consent, version 1.0, dated 7 October 2026. I consent to the limited preparation and use of de-identified information described there. I understand that I can participate without agreeing, may withdraw this choice, and that information already made genuinely non-identifying may no longer be attributable to me for removal.

Participant’s full legal name: _____

Participant’s account email: _____

ACCEPTANCE BUTTON: I agree and join private beta

When this document is issued for participation, entering your name, selecting the three required boxes and activating that button records your electronic acceptance. The optional choice is recorded separately and may remain unchecked. Dynamis will provide a retainable copy of the accepted documents and the recorded date, time, versions and choices. Joining does not permit exercise before screening and personal plan approval.

Schedule A — Privacy Notice

DYNAMIS NORTH TRAINING SYSTEMS | Version 1.0 | 7 October 2026 KEY POINTS: Health information is sensitive. The main application database is in Canada, but identifiable information is also processed in the United States. Alexandre is the only currently authorised Dynamis human user; infrastructure and email providers also process information. Broader model development is optional and uses only qualifying de-identified information.

A1. Who is responsible

Alexandre James Rodrigue, carrying on business as DYNAMIS NORTH TRAINING SYSTEMS, is responsible for the personal information under Dynamis's control. Direct questions, access or correction requests, withdrawal of consent and deletion requests to dynamisnorthtraining@gmail.com. This Notice applies to account creation, intake drafts and submissions, programme delivery, feedback and related communications for the private beta.

A2. Information we collect

Account and participation information: Your name, email, confirmation of age and Ontario eligibility, account identifiers and access information, invitation status, document versions and electronic acceptance choices, and related correspondence.

Exercise and programme information: Your goals, exercise history and recent activity, experience, availability, equipment, preferences, functional and accessibility needs, plans and approved changes, completed or missed sessions, reported loads and effort, tolerance, recovery, enjoyment, barriers, and other feedback you choose to provide.

Health and safety information: Relevant screening responses about heart disease, stroke and blood pressure; chest discomfort, dizziness, fainting and breathlessness; concussion; diagnosed conditions; medications and relevant changes; injuries and surgeries; pain or swelling and its response to activity; healthcare restrictions; pregnancy or postpartum recovery; relevant family heart history; falls or unsteadiness; prolonged symptom worsening after activity; and movement limitations. This includes relevant clarification and clearance or guidance documents when needed.

Technical and communication information: Information needed for account security, service operation, troubleshooting and acceptance evidence, such as request timestamps, IP addresses, device or browser information, authentication events, necessary session or security cookies, and relevant service logs. Email providers process message content, attachments and associated technical information.

Required and optional fields will be identified in the intake. A field labelled optional may be left blank, although a disclosed safety concern may still require clarification before programming can proceed. Do not provide another person's identifying information when describing family history. We do not request an OHIP number, government identification copy, full medical chart or payment-card information for ordinary beta participation. Do not send unnecessary sensitive records.

A3. Necessary purposes and limits

We use the minimum personal information reasonably necessary to confirm eligibility and manage your account; screen for the suitability of the exercise service; identify restrictions and referral needs; prepare, review, approve and adapt your own programme; interpret your feedback; communicate about your participation; provide access or correction; maintain security; investigate an incident; and meet a legal obligation or address a lawful claim.

Your own programme may be supported by software processing your identifiable information, but Alexandre must approve every initial plan and every exercise-prescription change before it appears in your portal. This personalised processing is not permission to use identifiable records to develop or train models for other participants. Optional development is governed exclusively by Schedule B.

We do not sell personal or health information, use it for targeted advertising, publish a testimonial or identifiable case example without separate permission, or treat acceptance of this Notice as consent to

promotional mailing lists. Necessary service communications are separate from any future request for marketing consent. Non-essential analytics or tracking require a separate explanation and any consent required by law before use.

A4. Who can access information

Alexandre James Rodrigue is currently the only person authorised by Dynamis as an internal human user to access identifiable participant intake, health and training records. That statement does not mean that no service-provider personnel could ever have access when necessary to provide infrastructure, support or security services, or when required by law.

Service providers process information for the functions described in A5. Dynamis remains accountable for information under its control when processing is outsourced and will use appropriate contractual and other safeguards. If additional personnel are engaged, access will be limited to what they need, subject to confidentiality and appropriate controls, with an updated disclosure and further consent where required. No blanket permission is given for unrelated people to access health information.

Relevant information may also be disclosed to a healthcare professional you specifically authorise us to contact; to a professional adviser or insurer where reasonably necessary and lawful for a particular incident or claim; or to an authority where disclosure is legally required or permitted. Emergency disclosure may occur where permitted by law to address a serious threat to health or safety. We will limit such disclosures to their lawful purpose. This is not standing consent to obtain records from your healthcare providers.

A5. Providers and cross-border processing

Provider / service	Role and location information
Supabase	Primary application database in Canada. Stores account and programme records, including encrypted intake draft and submission payloads.
Render	Application-processing service in Ohio, United States. Processes identifiable intake and training information and can decrypt intake records as needed to operate the service and provide authorised trainer access.
Sites / Cloudflare	Website hosting and request routing between your browser and the application service. Website requests and technical data pass through this infrastructure; its distributed operations are not confined to the Canadian database region.
Google Gmail	Email sent to or from the published Dynamis contact address is handled through Gmail. Email content, attachments and related records are separate from the application database and may be processed outside Canada.

The described intake route is: your browser → Sites/Cloudflare website → Render application service in Ohio → Supabase database in Canada. Identifiable information is processed before and after encrypted database storage. Where authorised processing requires it, the Render service can decrypt intake records.

The Canadian database setting does not establish the location of every infrastructure log, backup, support operation or email record. Hosting and routing providers and Google operate internationally; their supporting operations may involve countries other than Canada and the United States. We do not offer Canada-only processing. Contact the privacy contact before submitting information to obtain available

current provider and location details.

Information processed outside Canada may be subject to the law of the relevant country and lawful access by its courts, law-enforcement or other authorities. Contractual and technical protections cannot override a binding foreign legal requirement. Consent to this service does not waive Canadian privacy rights or Dynamis's responsibility for appropriate safeguards.

A6. Safeguards and residual risks

Saved intake draft and submission payloads are encrypted within a private database schema. The application service can decrypt those records for necessary processing and authorised access. This is not end-to-end encryption that prevents Dynamis or its authorised application from reading the information, and it is not a claim that every provider log or email record is encrypted in the same way.

Dynamis will maintain administrative and technical safeguards appropriate to the sensitivity of the information, including restricted access, protected accounts and credentials, secure transmission, appropriate management of encryption keys and service-provider arrangements. Sensitive information is to be excluded from unnecessary debugging output and public development tools. Security incidents will be assessed, documented and reported to affected people and authorities when required by law.

No electronic system can eliminate the risk of unauthorised access, disclosure, loss or error. Disclosure of health or functional information could affect your privacy or cause embarrassment or other harm. Use a private device and keep your account credentials confidential. Ordinary email is not a guarantee of confidential transmission; use the designated intake or portal for health details and keep initial email requests to what is necessary to identify the issue. You do not waive a privacy or security claim by acknowledging these risks.

A7. How long information is kept

Our ordinary retention period for identifiable account, intake, health and training records is the period of participation and up to one year after your participation ends. Participation ends when we receive your withdrawal, notify you that your participation has ended, or discontinue the beta. By the end of that year, ordinary records will be securely deleted or rendered genuinely non-identifying, unless a limited exception below applies. Earlier deletion may be appropriate when information is no longer needed.

A limited record may be kept longer where a specific law requires it, a legal preservation obligation applies, or it is reasonably necessary for an unresolved complaint, legal claim, insurance matter, security investigation or privacy request. Only relevant records will be retained under that exception, with restricted use and periodic review; they will be removed when the justification ends. Where applicable, required privacy-breach records must be kept for at least 24 months after the breach is determined to have occurred. That requirement does not justify keeping an entire unrelated health file.

Deletion must also be addressed for provider-held copies, archived communications and backup systems. A technical backup delay is not permission for indefinite retention or renewed ordinary use. Residual backup copies will be isolated from ordinary use and removed through the documented deletion cycle, and any applicable legal hold will be respected. You may ask us about the status of a deletion request and any remaining limited copies.

Abandoned drafts, unnecessary logs and duplicate documents should not be kept for a full year merely because other participant records may be retained that long. We will review inactive accounts and unnecessary records and close or remove them when no longer needed. Development retention is addressed in Schedule B; rendering a record non-identifying for disposal does not authorise an optional

development use you did not accept.

A8. Access, correction, deletion and consent withdrawal

Email dynamisnorthtraining@gmail.com to request access to your information, ask how it has been used or disclosed, correct an error, request deletion or withdraw consent. Describe the request without including unnecessary medical details. We will take proportionate steps to verify identity and may ask you to use an authenticated channel rather than send identification through ordinary email.

We will respond to an access request within the applicable statutory period, ordinarily 30 days where PIPEDA applies, subject only to a permitted extension with the required notice. We will explain a refusal or limitation, including the reason and available complaint route, unless the law prohibits doing so. We will correct established inaccuracies or record a disagreement where appropriate. Where a historical plan, approval or intake record must be preserved for a lawful purpose, correction may be made by an amendment rather than erasing the original record.

You may withdraw optional development consent without leaving the beta. If you withdraw consent necessary to screen you or operate your own programme, we may have to pause or end that service after explaining the effect. Withdrawal does not undo lawful past processing or require deletion of a record that must lawfully be retained. A deletion request is assessed against necessity and applicable rights; the one-year period is not an automatic reason to refuse earlier deletion.

A9. Complaints and changes

You may raise a privacy concern with Alexandre at dynamisnorthtraining@gmail.com. You may also complain directly to the Office of the Privacy Commissioner of Canada, or to the Information and Privacy Commissioner of Ontario where it has jurisdiction. Contacting Dynamis first is not a condition of exercising a regulatory or legal right.

A material change to purposes, access, locations or handling will be disclosed before it applies, and new consent will be requested where required. This Notice does not replace or reduce protections under applicable law. It does not authorise a future identifiable-data development programme or a different clinical service.

Schedule B — Optional De-identified Model-Development Consent

DYNAMIS NORTH TRAINING SYSTEMS | Version 1.0 | 7 October 2026 THIS CHOICE IS OPTIONAL. You may join and remain in the free beta without agreeing. It is separate from using your information to provide and adapt your own exercise programme.

B1. Purpose and potential benefit to Dynamis

With your separate opt-in, Dynamis may use qualifying de-identified information to evaluate and improve its adaptive exercise-programming model, decision rules and supporting software. This includes examining exercise selection, workload and progression, adherence and barriers, reported effort and tolerance, preferences, the usefulness of proposed adjustments and programme usability. Development may benefit future participants and may support future commercial products. It does not guarantee a benefit to you and does not entitle you to payment or a share of a future product.

B2. Information eligible for preparation

We may prepare a limited working copy of relevant exercise goals and background, equipment and time constraints, programme prescriptions and approved changes, completed or missed training, loads and effort, tolerability, preferences and feedback, and relevant health or functional context only where it can meet the de-identification standard below. Information that cannot meet that standard must be excluded or further generalised or aggregated before development use.

Names, contact information, direct account identifiers, exact birth dates, IP addresses, signatures, invitation credentials, uploaded medical documents, raw correspondence, photographs, video and audio are not development inputs. Identifying details in free text, exact dates, rare conditions and distinctive combinations of characteristics must also be removed, generalised or excluded as necessary. A working copy may be handled only as needed to prepare and check qualifying data; it is not a second identifiable dataset for analysis or model training.

B3. What “de-identified” means for this permission

Data may enter the broader development environment only after a documented assessment finds no serious possibility of identifying you from those data alone or combined with other reasonably available information. A name replaced by a code, with a retained link or readily matchable pattern, is not enough. Until information meets that standard, it remains protected personal information and may not be used as a broader development input under this permission.

Development may use aggregation or non-identifying summaries instead of participant-level rows, especially where a small beta group, unusual condition or unique training history would make identification possible. We will not use the data to identify or contact you and will not attempt to reconstruct your identity. Residual identification risk must be reassessed as circumstances change; material that no longer meets the standard must be isolated from further development use and addressed appropriately.

B4. Access, location and use limits

Alexandre is the only currently authorised human developer for these data on behalf of Dynamis. De-identification may occur within the existing controlled application environment, including the United States processing described in Schedule A. Qualifying outputs may be used in access-controlled Dynamis development systems. Any additional development processor or human access must be disclosed before use, with appropriate protections and any further consent required by law.

This consent does not authorise sale or public release of participant-level datasets, advertising profiles, identifiable testimonials, unrelated research purposes, or use of identifiable information to train a third party’s general-purpose model. The commercial use permitted is improvement and use of Dynamis’s own programming methods and service. Public descriptions of findings must be genuinely non-identifying and sufficiently aggregated to avoid singling out a participant.

B5. Retention and withdrawing this choice

You may withdraw by emailing dynamisnorthtraining@gmail.com. After receiving your request, we will promptly stop creating further development contributions from your identifiable records and stop pending preparation under this consent. We will remove any attributable working copies that are not otherwise lawfully needed. Continuing to adapt your own plan may still require processing under Schedule A.

Information already made genuinely non-identifying may no longer be attributable to you. We cannot promise to identify and remove an individual contribution from such information, non-identifying aggregate

results or an already developed model. Qualifying non-identifying information and outputs may therefore be retained beyond one year, for as long as reasonably useful for the purposes stated here, with periodic necessity and identification-risk review. There is no fixed deletion date for those qualifying outputs.

This limit is not an exception for information that remains identifiable. If a record or model output can still be linked to you, applicable personal-information protections and your lawful access, withdrawal and deletion rights continue. Withdrawal does not authorise new personal-information use or erase a lawful preservation obligation.

B6. How permission is given

Only selecting the separate optional checkbox in Section 13 gives this permission. An unchecked box means no optional development consent. Your selection is recorded with this notice’s version and date and may be changed later without affecting the availability or price of the current beta solely for that reason.

END OF PARTICIPANT DOCUMENT PACKAGE