



# Terms of Use

## Overview

By using or browsing the Skipping Skills program (including the Skipping Skills app for iOS, Skipping Skills Unlocked app for iOS, web version of Skipping Skills, and Skipping Skills website) you accept the Terms. If you disagree with any part of the terms, please discontinue use of the program.

## Copyright

All videos, images, graphics, animations, logos and other content are subject to copyright. You may not, without the prior written permission of Megan Friesth on behalf of Skipping Skills, broadcast, republish, upload to a third party, transmit, post, or distribute any of the content within the program. This includes but is not limited to the URLs of the videos within the app. Any breach of these Terms of Use automatically terminates your authorized use of the Skipping Skills program.

## General Disclaimer

You will use the Skipping Skills program at your own risk. Skipping Skills is not responsible or liable for any injuries or damages you may sustain that result from your use of, or inability to use the content within this program. You are responsible for considering the risks involved and consulting with your medical professional before engaging in any physical activity.

## Changes to these Terms

We reserve the right to modify these Terms of Use at any time, so please review it frequently. Changes and clarifications will take effect immediately upon their posting on the website.

## Privacy Policy

Skipping Skills collects minimal personal information (name and email address) and does not share your personal information. Access our privacy policy [here](#).

## Contact

If you have any questions about these Terms, please contact us at [hello@skippingskills.com](mailto:hello@skippingskills.com)