

LION FITNESS - INFORMED CONSENT FORM

Name: _____

Address: _____

Telephone: _____

Emergency Contact: _____ Telephone: _____

General Statement of Programme Objectives and Procedures:

I understand that this physical fitness programme includes exercises to build the cardiorespiratory system (heart and lungs), the musculoskeletal system (muscle endurance and strength, and flexibility), and to improve body composition (decrease of body fat in individuals needing to lose fat, with an increase in weight of muscle and bone). Exercise may include aerobic activities (walking, running, cycling, machine exercises, group aerobic activity, swimming and other aerobic activities), calisthenic exercises, and weight lifting to improve muscular strength and endurance and flexibility exercises to improve joint range of motion.

Description of Potential Risks:

I understand that the reaction of the heart, lung, and blood vessel system to exercise cannot always be predicted with accuracy. I know there is a risk of certain abnormal changes occurring during or following exercise which may include abnormalities of blood pressure or heart attacks. Use of the weight lifting equipment and engaging in heavy body calisthenics may lead to musculoskeletal strains, pain and injury if adequate warm-up, gradual progression, and safety procedures are not followed. I understand that a personal trainer shall not be liable for any damages arising from personal injuries sustained by the client while and during the personal training programme. A client using the exercising equipment during the personal training programme does so at his/her own risk. Client assumes full responsibility for any injuries or damages which may occur during the training. I hereby fully and forever release and discharge the personal trainer, their assigns and agents from all claims, demands, damages, rights of action, present and future therein.

Participant / Client Responsibilities:

In agreeing to this programme I acknowledge that I am in good physical condition and that I have no disability, impairment or ailment preventing me from engaging in active or passive exercise that will be detrimental to heart, safety, or comfort, or physical condition if I engaged or participate (other than those items fully discussed on Personal Details form). In the event that medical clearance must be obtained prior to my participation in the programme (refer to completed PAR-Q), I agree to consult my GP and obtain written permission from them to engage in aerobic and/or anaerobic conditioning. I understand that it is my responsibility to cease exercise immediately should I begin to experience any discomfort (chest pains, dizziness, nausea, difficulty breathing, apparent injury) during the personal training programme.

Description of Potential Benefits:

I understand that a programme of regular exercise for the heart, lungs, muscles and joints, has many benefits associated with it. These may include a decrease in body fat, improvement in blood fats and blood pressure, improvement in physiological function, and decrease in heart disease.

I have read and understand the above agreement. Any questions which may have occurred to me have been answered to my satisfaction.

Signature of Client: _____

Date: _____

Signed on behalf of
Lion Fitness: _____

Date: _____