

Sustainable Fitness

Bring a Friend to Boot Camp Form

Please have all guests complete the following three forms and bring them to your trainer. Guests must be registered with our office as space in camps is limited.

Guest name: _____

Guest phone number(s): _____

Client name (referred by): _____

Camp location, time and date of visit:

Guests email address: _____

Would you like to subscribe to our email newsletter? ___yes ___no

Have you ever attended a boot camp before? ___yes ___no

How would you rate your current level of fitness?

___ not currently active

___ active 1-3 days/ week

___ active 3-5 days/ week

___ extremely active (5-7 days/ week)

Are you happy with you activity and fitness levels? ___yes ___no

If "no", what has been the biggest obstacle in achieving this?

Thank you for taking the time to complete these forms. If you have any questions or concerns about our boot camp programs, please contact us anytime. Have fun! ☺

640 King Edward St. Winnipeg MB. R3H 0P2 (within the Fitness Experience store)

Ph: (204) 661-3227 Toll Free: 1-866-921-5321 Fax: (204) 661-3228

Email: info@sustainablefitness.com

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____

SIGNATURE _____

DATE _____

SIGNATURE OF PARENT _____

WITNESS _____

or GUARDIAN (for participants under the age of majority)

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.



Sustainable Fitness

Waiver of Liability & Photographic Release

THIS IS A LEGAL AGREEMENT THAT AFFECTS YOUR LEGAL RIGHTS. PLEASE READ ALL OF IT AND OBTAIN LEGAL ADVICE BEFORE SIGNING IT IF YOU HAVE ANY QUESTIONS.

The contract between the undersigned client and Sustainable Fitness; any employees, agents hereby referred to as Sustainable Fitness, is predicated on the following fundamental conditions; the consideration for which shall be the acceptance of the client by Sustainable Fitness.

1. The undersigned client acknowledges the receipt of the following advice:
 - (a) The provision of exercise equipment, work out programs or nutritional programs by Sustainable Fitness does not represent or replace medical advice. A doctor should be consulted in relation to the commencement of any physical training or change in nutrition; and
 - (b) Discomfort or pain during training may signify an underlying medical condition or recent injury. Training personnel should be notified immediately if the event that discomfort or pain commences while training and prior to the commencement of any future training session if discomfort or pain persists.
2. The undersigned client agrees that she will accurately complete a complete Health Canada "ParQ" Physical Activity Readiness Questionnaire, and completed any medical examinations recommended in same prior to participating in Boot Camp. If the undersigned client is pregnant, she agrees to have a "PARmed-X" for Pregnancy physical activity readiness medical examination prior to participation in Boot Camp.
3. In regards to outdoor perils, the undersigned client agrees that Sustainable Fitness is not liable for any loss or damages (whether foreseeable or not) due to lack of; personal security; emergency services; easy access to transportation vehicles; washroom facilities. The undersigned client further agrees that Sustainable Fitness is not liable for any loss or damages (whether foreseeable or not) in the case of extreme weather conditions, such as high wind, heavy rain, snow, hail, lightening, tornado, hurricane or any other outdoor perils that may be present or which may occur while participating in Boot Camp.
4. The undersigned client agrees that Sustainable Fitness is not liable for any loss or damages (whether foreseeable or not) consequential or related in any way to any injury suffered or medical condition discovered during the course of its program. The undersigned client further covenants and agrees that he or she waives any and all rights to recover from alleging any form of liability whatsoever on the part of Sustainable Fitness. The undersigned client further covenants and agrees to protect and hold harmless Sustainable Fitness from any form of alleged liability arising in relation to the undersigned client.
5. The undersigned client agrees that the aforementioned conditions have been accepted prior to the commencement of any program or the delivery of any services by Sustainable Fitness. Further that the said aforementioned conditions shall be part of any and all contracts between the parties (whether collateral or otherwise) and that such conditions will not be waived or varied except by express written agreement.
6. The undersigned client agrees to the following refund policy pertaining to Sustainable Fitness Boot Camps; Sustainable Fitness does not give refunds for Boot Camp sessions paid for. They are not transferable to others; however Sustainable Fitness will offer a credit note towards a future Sustainable Fitness Boot Camp if space is available. Alternatively a credit note towards Sustainable Fitness Personal Training sessions will be offered.
7. The undersigned client agrees that photographs and/or videos may be taken while participating in Sustainable Fitness Boot Camps, and grants Sustainable Fitness permission to use them for the promotion of Sustainable Fitness Boot Camps.
8. The undersigned client acknowledges that she has read and understands this document in its entirety, and gives acknowledgement and proof as such by signing this document.

Dated: _____

Client _____

Witness (Fitness Instructor or other)

Signature _____

Sustainable Fitness (Fitness Instructor)

Per:
