

CONSENT FORM FOR USE OF FITNESS CENTRE NOTICE OF ASSUMPTION OF RISK - WAIVER AND RELEASE

Participant's Name _____ Age _____ Date Of Birth ___ / ___ / ___

Parent / Guardian's Name _____ Mobile Phone _____

E-mail _____ Alternate Contact _____

Fitness Centre Policy

- Members aged under **13 or younger** are not permitted to use the Fitness Centre
- Members ages **14-17** may use the Fitness Centre with direct adult supervision
- Members aged **14-17** may use the Fitness Centre independently, if they have completed the parent/guardian consent form and agreed to the code of conduct agreement

I, the undersigned parent/guardian of the minor participant named above give my permission for said individual to exercise in the Fitness Centre at Finns Recreation Club having met the Fitness Centre Policy requirements listed above.

I understand that engaging in any physical exercise activity or using the Fitness Centre for any purpose may pose a serious risk to health or cause death. I will read and complete the Par-Q Physical Activity Readiness Questionnaire and if the answer is "YES" to any question, I understand that it is strongly recommended that a physician be consulted prior to said minor participant commencing an exercise program or using the Fitness Centre. I understand that after starting to use the Fitness Centre, if said minor participant notices any changes in physical condition that may indicate a health risk by continued use of the Fitness Centre, it is strongly recommended that a physician be consulted to ensure that it is appropriate to continue to use the Fitness Centre. I agree that if said minor participant uses the Fitness Centre, they do so at their own risk.

I, on behalf of myself, my heirs, and executors, hereby release and discharge and covenant not to pursue Canggu Club (Finns Recreation Club), its agents, officers and employees, from and for any and all liability for all loss or damages, and any claims or demands therefore, on account of injury to said minor participant's person or property, including death, arising from use of the Fitness Centre; and I agree to indemnify and hold Finns Recreation Club and its agents harmless from any loss, liability, damage, or cost, including reasonable attorney fees that may occur as a result of or due to said minor participant's use of the Fitness Centre.

PHOTO/VIDEO RELEASE : I give my permission to have photos and/or video recordings taken of me or my child(ren) for publicity purposes during Finns Recreation Club activities even though we will not receive compensation of any kind for appearing in such photos or video recordings. I have read, understood, and voluntarily accepted the conditions of the waiver of liability / release and the photo release printed above.

I have read, understand and agree to the notice of assumption of risk - waiver and release for my minor participant.

Signature _____ Date _____

(Parent / Guardian)

Signature _____ Date _____

(Minor Participant)

FITNESS CENTRE CODE OF CONDUCT

The Fitness Centre is a place to participate in safe, effective exercise sessions. It is important you recognize this is a shared space and you must be respectful of other gym users. Etiquette in the Fitness Centre is designed so everyone can enjoy their workout, to keep each other safe and to ensure equipment is not damaged.

Please adhere to the following when using the Fitness Centre :

- Coaching or training is only permitted by the Fitness Centre's on-staff Personal Trainers. It is strongly recommended that you complete at least one session with a Personal Trainer to ensure you are using correct technique and using equipment safely.
- Any injuries or equipment issues must be reported to staff.
- Respect must be shown to EVERYONE in the fitness room. This means sharing equipment, 'working in' with other gym users (alternating users on a single piece of equipment) and not blocking workout areas.
- Appropriate workout attire – you must wear sports shoes with rubber soles at all times, singlets/t-shirts must also be worn at all times. No wet clothes or 'street clothes' are allowed.
- No food or protein shakes to be consumed inside the gym. Water only please.
- Minimise mobile phone use in the gym area. If you need to make a call, do so outside the gym.
- Do not take selfies or photos of other gym users.
- Headphones must be worn if listening to music.
- Appropriate language and volume must be considered when conversing in the Fitness Centre.
- All machines must be used according to their intended purpose.
- Please use a towel to wipe down equipment after use.
- Return all weights to rack, and other equipment to its correct storage area.
- Use equipment as it is designed - do not drop weights, do not use walls for handstands or throwing balls against them, do not use squat rack for bicep curls, etc.
- No equipment may be taken outside of the gym.
- If working out with friends, keep group numbers to a minimum and do not obstruct other gym users (ie sitting on benches talking/resting or doing exercises in walkways).
- Cardio machines have a 20 minute time limit during peak times.

Unsupervised usage privileges of the Fitness Centre may be revoked if code of conduct is not adhered to. If you have any questions, please ask a personal trainer or email fitness@finnsrecclub.com.

I have read, understand, and agree to the fitness centre code of conduct. I understand that violations of these rules may cause my privileges to be revoked.

Signature _____ Date _____

(Minor Participant)

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q) AND YOU

If you are planning to become much more physically active than you are now, please answer the following questions. If you are between the ages of 14 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 :

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition and 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 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 any other reason why you should not do physical activity?

<p>IF YOU ANSWERED:</p>	<p>YES TO ONE OR MORE QUESTIONS</p>
	<p>Talk to 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.</p> <p>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.</p>
<p>NO TO ALL QUESTIONS</p>	<p>Delay becoming much more active :</p> <ul style="list-style-type: none"> ▪ 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.
<p>If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:</p> <p>Start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.</p> <p>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.</p>	<p><i>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.</i></p>

Informed use of the PAR-Q : Finns Recreation Club 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.

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

Name _____

Signature _____

Date _____

Signature of Parent _____

or Guardian (for participants under the age of majority)