



Helping you Move Better, Feel Better and Perform Better

Guardian and Informed Consent for Youth Programs

I _____, (print name) have expressed an interest in using the facilities at Body Fit Health Club.
Youth

Accessing exercise areas pose inherent risks and it is necessary for a parent or legal guardian to authorize access and inform themselves and dependents of such risks.

Youth Admittance Guidelines

1. Youth, between the ages of 9 and 13 may be admitted to use the Facility only when they are directly supervised at all times by a guardian over the age of 25 or Body Fit Staff. "Drop and Go" is unacceptable.

Informed Consent

1. I understand that STAFF SUPERVISION will be provided.

2. I understand that the potential risks associated with exercise include: exhaustion, fatigue, fainting, discomfort, pain, high blood pressure, high heart rate, high respiration rates and, on rare occasions, heart attack, stroke, or death. I further understand that the risk depends largely on the exerciser's ability to recognize his/her own potential and take the appropriate action, for example, reducing the intensity of exercise or sitting down to rest.

3. I understand certain RISKS OF INJURY are inherent when participating in sports and recreational activities. Injury may be minor or serious and may result from my dependents' own actions, or actions/inactions of others, or a combination of both.

4. I understand that the Facility Guidelines are designed for the safety and protection of participants, and my dependent is required to abide by these Guidelines.

5. I understand certain activities require a minimum LEVEL OF FITNESS AND HEALTH and each person has a different capacity for participating in these activities. I understand that my dependent should be well enough to participate because the CHOICE to participate brings with it the ASSUMPTION OF THOSE RISKS AND RESULTS which are a part of these activities. I freely accept and fully assume all such risks, dangers and hazards and the possibility of personal injury, death, property or loss resulting therefrom.

6. I agree to WAIVE ANY AND ALL CLAIMS against Body Fit Health Club, employees, agents, volunteers and independent contractors.

7. I agree to RELEASE Body Fit Health Club, its employees, agents, volunteers and independent contractors from any and all liability for any loss, damage, injury or expense that my dependent may suffer, as a result of their participation at Body Fit Health Club due to any cause whatsoever including negligence, breach of contract, or breach of any statutory or other duty of care.

8. I agree to HOLD HARMLESS AND INDEMNIFY Body Fit Health Club for any and all liability for any damage to the property of, or personal injury to, any third party, resulting from my dependent's participation at Body Fit Health Club.

9. I give permission to have Body Fit Employees arrange for any emergency medical care including hospitalization /transportation, if necessary, to the administration of such emergency medical treatment as may be deemed necessary in the circumstances.

Facility Guidelines

10. Check in at the Front Desk every visit.

11. All personal belongings must be kept in the change room (ie. gym bags, street clothes and jackets). Avoid leaving any valuables, or identification in the change room. Lockers are available free of charge.

Participant Code Of Conduct

12. Proper attire must be worn at all times (athletic footwear, appropriate top and bottoms). Sandals are not permitted while working out in the facility.

13. Any beverages must be contained in plastic bottles only. Food is only permitted while at the juice bar.

14. I will NOT drop clang or throw weights uncontrollably.

15. I will wipe equipment after use.

16. I will share equipment while I am resting between sets.

17. I will use spotters when necessary and be sure the area is clear of obstructions.

18. I will return equipment (dumbbells, weight plates etc.) to the racks immediately after use.

19. I will not use profanity and other inappropriate behavior.

20. I will use safety devices such as treadmill safety stops.

Youth:

I have read the Guardian and Informed Consent, Youth Admittance Guidelines, Informed Consent, Facility Guidelines, and Participant Code of Conduct fully understand its terms, understand that I have given up substantial right by signing it, and sign it freely and voluntarily without any inducement.

_____	_____
<i>First Name</i>	<i>Last Name</i>
_____	_____
<i>Signature</i>	<i>Date</i>

Parent or Legal Guardian:

I have read the Guardian and Informed Consent, Youth Admittance Guidelines, Informed Consent, Facility Guidelines, and Participant Code of Conduct fully understand its terms, understand that I have given up substantial right by signing it, and sign it freely and voluntarily without any inducement.

_____	_____
<i>First Name</i>	<i>Last Name</i>

<i>Telephone</i>	

<i>Parent/Guardian Signature</i>	

<i>Date</i>	

Emergency Contact Information (if different from above)

_____	_____
<i>First Name</i>	<i>Last Name</i>

<i>Telephone</i>	

Media Consent and Release

I understand that Body Fit Health Club & Sports Performance Centre may photograph and/or record video many of their client events/sessions and I provide written approval for them to use these pictures/video images for promotional and/or educational purposes. For a valuable consideration, receipt of which is hereby acknowledged, the undersigned hereby grants to Body Fit Health Club its agents, employees, licensees, and successors in interest all ownership rights and the absolute and irrevocable right and permission to copyright, use and publish the photographs and recorded image and/or voice that has been (or is being) obtained pursuant to this Consent and Release.

_____	_____
<i>Parent/Guardian Signature</i>	<i>Date</i>