



PAR-Q (Screening form)

For the majority of people, participating in physical activity should not pose an issue. The PAR-Q is designed to identify people for whom physical activity may pose a risk.

Please answer the following questions.

1. Do you have a heart condition which could prevent you from participating in physical activity?	Yes	No
2. Do you feel pain in your chest when you exercise?	Yes	No
3. In the past month, have you had chest pain when you were not participating in physical exercise?	Yes	No
4. Do you ever lose your balance due to dizziness or ever lose consciousness?	Yes	No
5. Do you have a joint problem (back, knee or hip) that could be made worse by physical exercise?	Yes	No
6. Are you on any medication for blood pressure or a heart condition?	Yes	No
7. Do you know of any other reason why you should not exercise?	Yes	No

If you have answered YES to any of these questions, then you are required to gain consent from your doctor before participating in any form of training.

It is advised that you postpone your participation if you feel unwell or have a temporary illness. Your readiness to train will be questioned by your trainer before each session, and it is your responsibility to inform your trainer of any changes to your health while engaged in the programme.

Client Name:

Date:

Witness Signature:

Date:



Informed Consent Form

Confirmed Understanding

I understand that the purpose of the exercise programme is to provide a safe, experienced and individualised exercise regime to aid the improvement of my health and fitness.

Potential Benefits

I understand that a programme of consistent exercise has been shown to be beneficial. These benefits may include –

- A decreased risk of heart disease
- A decrease in body fat
- Improved blood pressure
- Improved psychological function
- Improvement in aerobic fitness
- Increase in muscle mass.

Potential Risks

The exercise programme is designed to place a gradually increasing workload on the CV (cardiovascular) system and muscular systems, resulting in improved function. The reaction of the CV and muscular systems to exercise cannot always be accurately predicted. These changes could relate to blood pressure and/or heart rate.

Summary

The programme of training has been explained to me, and my questions regarding the programme have been answered to my satisfaction.

Client Name:

Date:

Witness Signature:

Date:



Terms and Conditions

1. Payment – CSS PER-FIT is to be paid in full prior to or at the commencement of the first session of the relevant plan. The payment is to be made by either bank transfer or by card payment.
2. Postponement of a session by the client – In the event that a client postpones a session with less than 24 hours' notice, the full fee will be charged.
There will be no charge levied where a minimum of 24 hours' notice has been given and the session will be re-scheduled by mutual agreement.
3. Postponement of a session by CSS PER-FIT – CSS PER-FIT reserves the right to postpone any session for any reason up until 24 hours prior to the session. However, if a session has to be postponed by CSS PER-FIT within 24 hours, the client will be compensated with a free session and will not be charged for the cancelled session.
4. Duration and Appointment Time - Each session will last for an hour. If the client is late for a session, then that time will be deducted from the total session time.
5. Confidentiality – All information supplied by the client will be kept in the strictest confidence.
6. Notice – CSS PER-FIT reserves the right to cease training the client at any time. If any sessions are remaining which have been paid by the client in advance, the client is entitled to a refund in full, less any costs incurred up to the date training is ceased by CSS PER-FIT.
7. Readiness to train – Whilst it is the clients responsibility to inform CSS PER-FIT of any sickness or injury that may affect the clients ability to train, if CSS PER-FIT considers the client to be unfit to train then the session may be postponed or cancelled.