



**Team Consent and Training Policy**

Name: \_\_\_\_\_ Phone (H) \_\_\_\_\_

Email: \_\_\_\_\_ Phone(Mobile) \_\_\_\_\_

EMERGENCY CONTACT (please print): \_\_\_\_\_ Tel: \_\_\_\_\_

**GENERAL STATEMENT OF PROGRAM OBJECTIVES AND PROCEDURES**

The team understands that any physical fitness program administered includes exercises to build the cardiorespiratory system (heart and lungs), the musculoskeletal system (muscle endurance, strength and flexibility), and to improve body composition (decrease body fat in individuals needing to lose fat with an increase in weight of muscle and bone). Exercise may include aerobic activities (treadmill, walking, running, bicycle riding, rowing machine exercise, group aerobic activity, swimming and other aerobic activities), calisthenic exercises, weight lifting to improve muscular strength and endurance, athletic strength and conditioning programs and flexibility exercises to improve joint range of motion.

**DESCRIPTION OF POTENTIAL RISKS**

The team understands and warrants, release and agree that all team members are in good physical condition and have no disability, impairment or ailment preventing them from engaging in active or passive exercise that will be detrimental to heart, safety or comfort, or physical condition if engaging or participating (other than those items fully discussed on physical activity readiness questionnaire - PARQ ). I have read the foregoing information and understand it.

**Training Policy**

The team agrees to the following terms, conditions, and policies regarding the payment policies and attendance of each party involved while I am a client of Rudolph Planter/PerformPeriod Inc. This includes every session scheduled between Rudolph Planter/ PerformPeriod Inc. and the team.

- The team/organization is required to PRE-PAY for all scheduled training sessions.
- 24 hour notice of cancellation is required if a client is unable to attend a scheduled training session (emergencies will be handled individually).
- If the team, without this prior notice, misses a scheduled session Rudolph Planter/PerformPeriod Inc. will be compensated for the full amount of the training session. No individual make-up sessions will be administered. Initial Here \_\_\_\_\_
- If Rudolph Planter/a PerformPeriod Inc. trainer, without this prior notice, misses a scheduled appointment, then a free session will be issued to the team.
- All payments will be made with cash, check (payable to PerformPeriod Inc.) or major credit card and a receipt can be issued upon request. **Note there is a \$25.00 fee for all returned checks.**
- All pre-paid training sessions are non-refundable with the exception of medical complications. Initial Here \_\_\_\_\_
- The team fully understands and agrees to the terms listed above. Initial Here \_\_\_\_\_

Team Name (print): \_\_\_\_\_ Date: \_\_\_\_\_

Team Representative (print): \_\_\_\_\_ Team Representative Signature: \_\_\_\_\_