

SHAPE UP BOOT CAMP POLICIES, TERMS AND CONDITIONS

- 1) In addition to this form, you will be required to sign and they will be discussed during Initial Assessment. It is necessary that this is before the camp starts
 - a) Waiver, Release, and Assumption of Risk
 - b) Physical Activity Readiness Questionnaire (PAR-Q)
 - c) Health and Life-style questionnaire

Client initial

- 2) If you have any of the following physical conditions, you may be required to have a Medical Clearance and Physician's Consent Form:
 - a) Hypertension (>145/95 mm Hg)
 - b) Hyperlipidemia (cholesterol >220 mg/dl or a total cholesterol-to-HDL ratio of >5.0)
 - c) Diabetes
 - d) Family history of heart disease prior to age 60
 - e) Smoking
 - f) Abnormal resting EKG
 - g) Any other condition that SHAPE UP in its sole discretion may deem to present an unreasonable risk to your health, were you to participate in a fitness evaluation or program.

Client initial

- 3) In order to provide the best possible service to all Clients, SHAPE UP asks that all **Clients be ready to begin their session 5 minutes prior to the scheduled time.** Coming late to a sessions is both distracting to the group but also increases the chance of an injury either to yourself or another individual therefore if late you will not be permitted to start the class.

Client initial

- 4) **No refunds or credits will be given for "no-shows" Once you have paid for the course a refund will only be offered for extenuating circumstances, and at the discretion of your instructor.**

Client initial

- 5) It is expected that all SHAPE UP staff and its associate operate in an environment of mutual respect. If any behavior that is deemed inappropriate occurs then SHAPE UP reserves the right to terminate a contract with immediate effect.

Client initial

- 6) Clients are required to observe any and all rules of the gym or facility where workouts take place.

Client initial

- 7) **Clean, indoor workout shoes are required for in-door workout sessions.** Client should also have water available as necessary during the workout.

Client initial

- 8) Clients have the right to terminate a particular exercise or workout at any time. You are in control of your workouts! **If an exercise is uncomfortable or painful, or if you want to stop for any reason,** you may do so. If a particular exercise is painful for you to do or you have an injury or other limitation that makes it difficult for you to do, SHAPE UP can attempt to substitute another exercise to work that particular muscle group.

Client initial

- 9) **If you are unable to attend a session Shape Up requests that you let your instructor know as soon as possible in order that the class can be modified accordingly.**

Client initial

- 10) You will get from your workouts what you put in. Results will vary by individual and SHAPE UP cannot guarantee specific results. Client acknowledges that Client is responsible for their decisions regarding whether or not to exercise consistently, eat properly, rest enough, and live a healthy lifestyle.

Client initial

11) SHAPE UP respects your privacy. Due to the nature of our services, it is necessary to collect certain personal information from Clients. All information collected is treated as STRICTLY CONFIDENTIAL, and SHAPE UP will not share or redistribute your information with any third party except as necessary to provide services purchased by the Client, or as required by law. Any information gathered from a Client is simply for our records and, if applicable, necessary to provide the services to the Client for which we have been contracted.

Client initial

12) All Boot Camp Terms and Conditions are subject to change. The most current version of these Terms, Conditions, and Policies will be posted on [wwwshape-up.ca](http://www.shape-up.ca)

Client initial

Client's Signature

Date

Please print name

Parent or legal guardian (if participant is under age eighteen)