

Informed Consent

Explanation

You will be required to perform a number of exercises, of which the intensity will vary to accomplish an overall level of fitness. We may stop any test at any point in time because of signs of fatigue, or because of personal discomfort.

Risks

During any exercise regime, certain events may happen. They may include abnormal blood pressure, fainting and in rare cases heart attack, stroke or death. Every effort is made to determine an overall level of your health and fitness, through asking questions and observing during exercise.

Responsibilities of the participant

Information that you possess about your health and well being, that may effect any exercise regime must be fully disclosed. At any point during exercise that you feel unusual you must inform your personal trainer immediately.

Benefits to be expected

Results obtained from any health and fitness assessments will help in evaluating the type of physical activity you may perform.

Questions

Please feel free to ask any questions during exercise tests, if you have any doubts please ask for further explanation

Freedom of Consent

If at any point you do not wish to participate within any exercise regime, you are free to deny consent and stop the test.

I have read the above and understand the test procedure; I consent to participate in the test.

Client Name
Date

Trainer Name
Date