

## INFORMED CONSENT FORM - 1-1 TRAINING

I have volunteered to participate in physical exercise under the guidance of CS Personal Training, which can include, but may not be limited to, weight/resistance training, cardio/HIT training and stretching activities.

All sessions will begin with an appropriate warm up and end with a suitable cool down period and stretches. All activities will be explained and demonstrated where necessary.

I will inform the trainer of any reasons that I feel I should not partake in any given activity or session. I give consent that personal and health-based information can be collected by my trainer to minimise risk, via a PAR-Q form, and that this will be kept confidential.

I understand that I must ask any questions about any part of the session, risk or benefit that may not have already been explained to me. I am aware that I can withdraw from any activities at any time.

I understand that the training sessions are designed for apparently healthy adults, and I fully understand that there is an element of risk associated with any exercise programme.

I will experience some feelings of exertion and may become hot and uncomfortable at times. I understand that I may experience some muscle soreness/ache for a period of a few days after training sessions.

My breathing heart rate will increase because of these activities and as my fitness improves, I will be encouraged to partake in more vigorous levels of activity, but these will remain within my capabilities.

I believe that the programme will be designed in a way as to minimise possible risk and will notify the trainer immediately of any discomforts and cease activity straight away.

I have been made fully aware of the structure, benefits, risks and health and safety implications of the training programme.

I understand that I can withdraw at any time.

I understand that photographs/video to be used for marketing purposes. (Face, name, measurements, will not be disclosed without consent).

CS Personal Training will keep all personal information collected private and confidential, and that no personal information will be shared or used for promotional benefits.

Client signature.....

Parent signature if under 18 years.....

Printed name.....

Date.....

Trainer signature.....

Date.....