

## Informed Consent and Release of Information for Participation in Exercise

### What will be involved?

Initially you may be requested to perform a physical assessment to assist in determining your current physical status. You will be encouraged to perform to the best of your ability to complete the assessment; however you may stop at any time for any reason. Following this you may be provided with exercise advice or an exercise program (either supervised or unsupervised) with a view to assist you in achieving your goals and taking into consideration any health concerns. Your program may incorporate a range of exercises which are intended to challenge your body. You will be given guidance and support to allow you to independently manage the intensity and volume of your program based on how you feel. You may stop exercising at any time and should stop exercising if you experience any pains, heaviness or tightness in the chest/back/jaw or arms or if you experience nausea, dizziness, numbness, or shortness of breath.

### Possible risks associated with this program:

Your Fitness 4 All trainer will make various efforts to minimise any potential risks. However, you must be aware that exercise has some potential side effects and risks. It is possible throughout the exercise assessment, training sessions or your program that you may experience abnormal blood pressure, irregular heart rhythm, dehydration, fainting and/or dizziness. It is also possible that you might seriously injure yourself from the use of exercise equipment, failure of exercise equipment, tripping or falling, or other hazards associated with equipment, moving around while exercising, and your surroundings. In very rare circumstances, it is possible that exercise can cause heart attack, stroke or death.

### Your responsibilities:

It is extremely important that any physical or other symptoms that you experience whilst participating in the program are explained to staff, even if you feel that they might not be important. It is also important that you tell your Fitness 4 All trainer any information you possess about your health status, or changes to your health during the course of your program, especially those that relate to heart problems including shortness of breath,

pain, pressure, tightness or heaviness in the chest, neck, back, jaw, calf area and/or arms. By telling your trainer this information you are minimising your risk or injury, complications and death. It is expected that you will tell your Fitness 4 All trainer all medications you use, begin to use or cease using (including non-prescription) prior to participation in your initial or regular training sessions. It is also expected that any short term changes to your usual medication regime are reported to your Fitness 4 All trainer (e.g. forgetting to take your medication one morning).

### Release and Indemnity:

I understand all of the information and instructions outlined in this informed consent, have had time to discuss any concerns with a Fitness 4 All trainer or any other health professional, and considering this, agree to participate in a Fitness 4 All assessment and program at my own risk. I also agree to release and indemnify Fitness 4 All, Recreation Illawarra and the Disability Trust and all of its employees from or against any actions or claims arising from any injury, loss, damage or death caused to me.

### Freedom of Consent

I hereby consent to voluntarily engage in the exercise assessment and exercise program considering the above information. I understand what is expected of me and the risks and procedures associated with this program. After fully reading this document and having had sufficient time to ask and have any questions answered, I voluntarily consent to participate in the exercise assessment and program.

.....  
 Signature of Participant

.....  
 Signature of Staff Member

Date ..... / ..... / .....

At times Fitness 4 All may take photos / video to be used for promotional purposes in newspaper articles, website, television and radio. I give permission for Fitness 4 All to use my image / name in the of the above promotional outlets listed.