

Third Coast Training

Informed Consent for Testing

I, the undersigned, and do hereby acknowledge:

- My consent to participate in a fitness test consisting of maximal or sub-maximal aerobic activity, body composition assessment, maximal or sub-maximal strength measurements, flexibility assessments, power measurements, speed and agility measurements.
- My consent to the taking of samples of my exhaled air during exercise to have my oxygen consumption properly measured. I also agree to allow a small fingertip blood sample to be drawn for the analysis of blood chemistry my understanding that the testing program will be performed following a thorough pre-screening evaluation my consent to participate in a test administered by a technician who has been trained to perform tests for apparently healthy individuals.
- My understanding that there are potential risks associated with an exercise program; i.e., episodes of transient light headedness, fainting, abnormal blood pressure, chest discomfort, leg cramps and nausea, muscle soreness, heart attack, death, muscle strains and that I assume willfully those risks; my obligation to immediately inform the technician of any pain, discomfort, fatigue or any other symptoms that I may suffer during and immediately after the training session;
- My understanding that I may stop or delay any further training if I so desire and that the training session may be terminated by the trainer upon observation of any symptoms of distress or abnormal response; my understanding that I may ask any questions or request further explanation or information about the procedures at any time before, during and after the training session; that I have read, understood, and completed the Physical Activity Readiness Questionnaire (“PAR-Q”) and the answers to all the questions were negative:

SIGNATURE _____ DATE: _____

WITNESS _____ DATE: _____

This form must be witnessed at the time of signing and the witness must not be minor:

PARENT SIGNATURE _____ DATE: _____

(if minor child, parent or guardian signature required)