

# Welcome Friend

Name: \_\_\_\_\_

Date: \_\_\_\_\_



**J4 PERFORMANCE**

1. What motivated you to sign up?

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2. What are you hoping to gain from your commitment to yourself?

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3. What types of physical activity and/or sports, if any, do you play? Please include dominant side (i.e., Right)

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4. What coaching qualities do you want/expect from Jimmy?  
(i.e., encouraging, patience, challenging, etc.) Please list at least 1.

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5. How did you discover J4 Performance? (i.e., website, social media, friend).

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6. Do you have any family/friends that you would like to refer?

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# **Informed Consent**

## **PURPOSE AND EXPLANATION OF PROCEDURE**

I hereby consent to voluntarily engage in an acceptable plan of personal/group fitness training. I also give consent to be placed in personal/group fitness training program activities which are recommended to me for improvement of health/fitness education activities. The levels of exercise I perform will be based upon my cardiorespiratory (heart and lungs), muscular fitness and mental capacity. I understand that I may be required to undergo a graded exercises test prior to the start of my personal/group fitness training program in order to evaluate and assess my present level of fitness. I will be given exact personal instructions regarding the amount and kind of exercise I should do. A professionally trained coach will provide leadership to direct my activities, monitor my performance, and otherwise evaluate my effort. I understand that I am expected to follow staff instructions with regard to exercise, stress management, and other health and fitness regarded programs. If I am taking prescribed medications, I have already, or will, inform the program staff and further agree to so inform them promptly of any changes which my doctor or I have made with regard to use of these. I have been informed that during my participation in the above described personal/group fitness training program, I will be asked to complete the physical activities unless symptoms such as fatigue, shortness of breath, chest discomfort or similar occurrences arise. At this point, I have been advised that it is my complete right to decrease or stop exercise and that it is my obligation to inform the personal fitness training program personnel of my symptoms, should any develop. I understand that during the performance of exercise, a personal/group fitness coach will periodically monitor my performance or assess my feelings of effort for the purposes of monitoring my progress. I also understand that during the performance of my personal fitness training program, physical touching and positioning of my body may be necessary to assess my muscular and bodily reactions to specific exercises, as well as to ensure that I am using proper technique and body alignment. I expressly consent to the physical contact for the stated above reasons.

## **RISKS**

It is my understanding and I have been informed that there exists the remote possibility during exercise of adverse changes including, but not limited to, abnormal blood pressure, fainting, dizziness, disorders of heart rhythm, and in

very rare instances heart attack, stroke, or even death. I further understand and I have been informed that there exists the risk of bodily injury including, but not limited to, injuries to the muscles, ligaments, tendons, and joints of the body. Every effort, I have been informed, will be made to minimize these occurrences by proper staff assessments of my condition before each personal/group fitness training session, staff supervision during exercise and by my own careful control of exercise efforts. I fully understand the risks associated with exercise, including the risk of bodily injury, heart attack, stroke, or even death, but knowing these risks, it is my desire to participate as herein indicated.

### **BENEFITS TO BE EXPECTED AND ALTERNATIVES AVAILABLE TO EXERCISE**

I recognize that involvement in the personal/group fitness training sessions will allow me to learn proper ways to perform conditioning exercises, use fitness equipment and regulate physical effort. These experiences should benefit me by indicating how many physical limitations may affect my ability to perform various physical activities. I further understand that if I closely follow the program instructions, that I will likely improve my exercise capacity and fitness level after a period of 1-6 months. I understand that the significance of my results will vary based on the program length that I commit to (i.e., 12 sessions compared to 24 sessions).

### **CONFIDENTIALITY AND USE OF INFORMATION**

I have been informed that the information which is obtained in this personal/group fitness training program will be treated as privileged and confidential and will consequently not be released or revealed to any person, to the use of any information which is not personally identifiable with me for research and statistical purposes so long as same does not identify my person or provide facts which could lead to my identification. Any other information obtained, however, will be used only by the program staff to evaluate my exercise status or needs.

## INQUIRIES AND FREEDOM OF CONSENT

I have read this Informed Consent form, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily, without inducement.

Participant's Name (Please Print): \_\_\_\_\_

Participant's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Waiver of Liability for Facility Use

I/We hereby understand and acknowledge that the training sessions, training programs and events held by J4 Performance may expose me to many inherent risks, including accidents, injury, illness, or even death. I/We assume all risks or injuries associated with participation including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and all other such risks being known and appreciated by me.

I/We hereby acknowledge my responsibility in communicating any physical and psychological concerns that might conflict with participation in activity. I/We acknowledge that I am physically fit and mentally capable of performing the physical activity I choose to participate in.

After having read this waiver and knowing these facts, and in consideration of acceptance of my participation and J4 Performance furnishing services to me, I agree, for myself and anyone entitled to act on my behalf, to **HOLD HARMLESS, WAIVE AND RELEASE** J4 Performance, its officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands, or claims of any kind arising out of my participation in J4 Performance training sessions, training programs and/or events.

**By my signature I/We indicate that I/We have read and understand this Waiver of Liability. I am aware that this is a waiver and a release of liability, and I voluntarily agree to its terms.**

Participant's Name (Please Print): \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Policies and Procedures

### **TARDINESS POLICY**

You are expected to begin training at the start time of the scheduled appointment. If you are training with a group, we may be able to wait for you if you are going to be a few minutes late, but please do not rely on us to do so regularly in respect of other people's time. In any case that you may be late, please text 780-864-7641 to inform me so that we can try to accommodate you. Exceptions will be made based on the coach's schedule/availability.

Initials \_\_\_\_\_

### **CANCELLATION, RESCHEDULING & SESSION EXPIRATION**

Training sessions are sold as a package in seasonal programs (i.e., Spring 2022) to encourage consistent participation and commitment to one's goals. A maximum of 2 missed sessions per 2-Day program (i.e., 2-Day Spring held on Tuesdays and Thursdays), will be carried forward towards an investment in the upcoming seasonal program. If a participant misses more than 2 sessions during the Spring program, for example, only 2 sessions will be carried forward. I can understand that unexpected schedule conflicts can happen, and at the same time, I hope you can understand that encouraging commitment helps with our overhead expenses, which include purchasing more equipment and providing a high-quality experience that continues to improve as our program grows.

In the case that the training facility is outdoors, additional accommodations will be considered. For example, in the case that weather is not conducive to training, and we are unable to utilize an indoor space, your training session will not be forfeited, and your training session(s) will be carried over towards the next seasonal program to accommodate for the session cancellation and rescheduling. In any case that weather prevents the ability to train outdoors for consecutive days and we are unable to utilize an indoor space, the same accommodations will be made in reference to carrying over training sessions.

The coach has the right to cancel and reschedule any scheduled training sessions due to restrictions imposed by inclement weather (rain, thunder, lightning, heat) that would make it an unsafe training environment. The coach will contact all

participants at least **30 minutes** prior to the beginning of the scheduled appointment to confirm or cancel a scheduled training session based on weather.

Initials \_\_\_\_\_

**I have read and understand all the policies and procedures listed above.**

Participant's Name (please print): \_\_\_\_\_

Participant's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## **Social Media Release**

Film or digital photography, video photography, and/or audio recordings may be used for social media, marketing and professional use only. Publication of all content and recordings is at the full discretion of the participant. You have the right to refuse publication of specific and/or all photos, video and audio recordings.

\_\_\_\_\_ Yes, I agree and allow my coach to share photos, videos and/or audio recordings of my performance and success during training sessions

\_\_\_\_\_ No, I do not agree to allow my coach to share photos, videos and/or audio recordings of my performance and success during training sessions

**I have read and understand all the social media policies listed above.**

Participant's Name (please print): \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Health & Medical Questionnaire

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City Province Postal Code

Phone (Cell): \_\_\_\_\_ (Secondary): \_\_\_\_\_

Email Address: \_\_\_\_\_

In case of emergency, whom may we contact?

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone (Cell): \_\_\_\_\_ (Secondary): \_\_\_\_\_

Personal Physician:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Please list any medications that you are currently taking:

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### **PRESENT/PAST HISTORY**

Have you had or do you presently have any of the following? (Check if yes)

- Rheumatic fever
- Recent operation
- Edema (swelling of ankles)
- High blood pressure
- Low blood pressure
- Back injury
- Knee injury
- Seizures
- Lung disease

- Heart attack or known heart disease
- Fainting or dizziness
- Diabetes
- High cholesterol
- Orthopnea (the need to sit up to breath comfortably)
- Nocturnal dyspnea (shortness of breath at night)
- Shortness of breath at rest or with mild exertion
- Chest pains
- Palpitations or tachycardia (unusually strong or rapid heart beat)
- Intermittent claudication (calf cramping)
- Pain, discomfort in the chest, neck, jaw, arms or other areas
- Known heart murmur
- Unusual fatigue or shortness of breath with regular daily activities
- Temporary loss of visual acuity
- Short-term numbness or weakness
- Cancer
- Other (please explain): \_\_\_\_\_

## **FAMILY HISTORY**

Have any of your first-degree relatives (parent, sibling or child) experienced the following conditions? (Check, if yes). Also, please identify at what age the condition occurred.

- Heart attack
- Heart operation (bypass surgery, angioplasty, coronary stent replacement)
- Congenital heart disease
- High blood pressure
- High cholesterol
- Diabetes
- Other serious illness (please explain): \_\_\_\_\_

## **ACTIVITY HISTORY & ADDITIONAL QUESTIONS**

Date of your last physical examination conducted by a physician: \_\_\_\_\_

Can you currently walk 4 miles briskly without fatigue? Yes \_\_\_ No \_\_\_

Do you participate in a regular fitness program currently? Yes \_\_\_\_\_ No \_\_\_\_\_



If yes, please explain and/or attach your current training program:\_\_\_\_\_

\_\_\_\_\_

Have you performed weightlifting exercises in the **past 3 months**? Yes\_\_ No\_\_

Do you have any injuries that may interfere with training? Yes\_\_ No\_\_

If yes, please explain:\_\_\_\_\_

\_\_\_\_\_

Do you use tobacco products? Yes\_\_ No\_\_

What is your current body weight?\_\_\_\_\_What was it one year ago?\_\_\_\_\_

How tall are you?\_\_\_\_\_

What size shirt do you wear?\_\_\_\_\_

What is your favorite color?\_\_\_\_\_