

PAR Q

Physical Activity Readiness Questionnaire

Physical activity brings a whole host of physical benefits to your body and life style. Before you begin increasing the amount of physical activity you do it's important to answer the questions below and assess if there are any risks. If there are any risks it is important to talk to your doctor before beginning any physical activity. Please read the questions carefully and answer them honestly before signing the declaration at the bottom.

	Yes	No
1. Do you have a heart condition of any kind?
2. Do you, or have you ever felt chest pain when doing physical activity?
3. Do you ever experience chest pain when NOT doing physical activity?
4. Do you have any bone or joint problems e.g. hip, knee, back, that could be made worse by physical activity?
5. Are you taking any prescribed drugs?
6. Do you ever experience dizziness, loss of consciousness or loss of balance?
7. Do you have diabetes, asthma or epilepsy?
8. Are you pregnant or have you been in the passed three months?
9. Have you been told you have high cholesterol levels (serum level above 6.2mmol/L)?
10. Do you know of any reason why you should not do physical activity?
11. Do you smoke?
12. Have you been a smoker?
13. Are you a heavy drinker (alcohol)?
14. Have you ever been told you have high blood pressure?

Your declaration;

"I have read, understood and completed this questionnaire and the **terms and conditions on the following page**. Any queries I had were answered fully and I have answered all questions truthfully. I also understand I am responsible for monitoring myself through my exercise programme and if any unusual symptoms occur I will stop and consult a health care professional. I understand I must notify Lean Body Vision of any changes to my health." Sign below to confirm. NB You CANNOT do zumba if pregnant.

Lean Body Vision can assume no liability for persons who undertake physical activity. If you are in any doubt about your readiness for physical activity you must consult with your doctor.

Your name _____ Signature _____ Date / /

N.B Under 18's MUST have adult consent**

D.O.B _____ If under 18 Parental Consent _____

Mobile no _____ Email Address _____

Where did you hear about this class? e.g 'google' _____

Emergency Contact Name _____ Phone number _____

Doctors Name _____ Phone number _____



Lean Body Vision

Personal Training | Private Studio | Exercise Classes

YOU ARE AGREEING TO THESE TERMS AND CONDITIONS BY SIGNING THE PREVIOUS PAGE
Terms and Conditions of services from Lean Body Vision for Group Exercise or One to One training

Definitions. "Lean Body Vision" is our company. "You or Your" refers to the person named at the bottom of this contract. "Us or We" refers to our company or any employees/self employed workers. "Trainer, worker, staff" refers to any worker or self employed worker representing the company.

1.Data protection

1.1 Lean Body Vision operates within the Data Protection Act and therefore will keep all records and information secure. Your data will be used to provide you with the best possible service. We may also contact you with our offers and updates but we will not give your details to any third party.

2.Fees and charges

2.1 Payment should be made in advance where advised. Payment can be made by cash, cheque or BACS.

2.2 Lean Body Vision reserve the right to change fees and charges at any time. Should you be subject to a price increase on your regular session price we will give you advanced warning of fourteen days.

3.2 Payments are non refundable at the discretion of your trainer to say otherwise

3.Conduct

3.1 You will not abuse or misuse any of the facilities or equipment provided by Lean Body Vision. Any damage you cause you will be charged for.

3.2 You must dress appropriately to use the Lean Body Vision facilities or venues being used by Lean Body Vision. This means wearing appropriate sports wear and trainers avoiding loose strings or ties for health and safety reasons.

3.4 You must inform Us of any illness, injury or change to the answers on your 'ParQ' questionnaire and you must not participate in Zumba if you're pregnant

4.Cancellation policy

4.1 A minimum of 24 hours notice must be given if you are going to cancel your one to one session. If less than 24 hours notice is given you will incur the full session charge as a cancellation fee. If 24 hours or more notice is given, there will be no charge for cancellation.

4.2 If Lean Body Vision have to cancel your one to one session, an adequate and immediate alternative must be offered.

4.3 cancellation charges are at the discretion of your Lean Body Vision trainer.

4.4 If you're attending a group session, please inform us if you're not able to attend.

5.Session conditions

5.1 You must arrive on time for your session. If you arrive late for your session, it will still finish at the pre arranged time.

5.2 If you are more than twenty minutes late for your session your trainer has the right to cancel the session at full cancellation cost.

5.3 If you are running late, please have the courtesy to call in advance.

5.4 If your session is late due to the fault of Lean Body Vision, the time must be made up. If this is not possible a partial refund should be offered.

6.Your commitment

6.1 You must commit yourself to putting maximum effort into your training and any work you are given to do at home. If you are not committed you will have an impact on the potential results and therefore reduce the effectiveness of your work out and the effort made by your Lean Body Vision trainer.

7.Liability

7.1 Lean Body Vision accepts no liability for loss, damage or theft of any property or goods brought to the premises or used during sessions for home visits, out door training or training in another premises.

7.2 Lean Body Vision accepts no liability for death, personal injury or illness occurring on our premises or anywhere else (including in your home or a public place) whilst in the company of a Lean Body Vision employee or self employed person working for Lean Body Vision including by use of our equipment, unless caused by our negligent act or omission.

7.3 You are responsible for operating our equipment properly. If you are unsure of how to use any equipment you must ask for assistance and listen carefully to any instructions or demonstrations given to you by Lean Body Vision staff.

7.4 Under 18's MUST obtain parental consent and under 16's must be accompanied by an adult to your class/session.

7.5 You CANNOT take part in a Zumba class if you are pregnant and must notify us if you become pregnant

8.Health and Safety

8.1 **Chewing gum is not allowed** in the Lean Body Vision studio or to be used whilst working with any Lean Body Vision employee or self employed person. This includes any work done in your own home, any out door space or any other space used by Lean Body Vision.

8.2 A PAR Q form must be completed by every client and **you must ensure you inform your Lean Body Vision trainer of any changes in your health or any injuries as soon as possible.**

8.3 We reserve the right to close the Lean Body Vision studio if it is deemed unsafe to work in. An adequate alternative will be offered wherever possible to accommodate your session.

8.4 Our employees are not health care professionals and you must therefore seek medical advice from your doctor if you are unsure about any aspect of your physical or mental well being.

9.Other

9.1 We reserve the right to take photographs of our facilities (which may include you) for marketing or security purposes. Notice will be given of any photographs that may need to be taken.

9.2 Relevant United Kingdom law shall apply to this contract and the relevant Courts of United Kingdom shall have exclusive jurisdiction to deal with any disputes arising in relation to it.

Declaration

"I have read and understood the above conditions. I understand my responsibilities to be on time and committed. I understand Lean Body Vision or any employees/self employed workers are not responsible for my safety and I must inform them of any health issues I have including anything that changes in the future."

Date

Lean Body Vision Authorisation