



# Personal Trainer Request Form



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

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

Phone (h): \_\_\_\_\_ Alternate: \_\_\_\_\_

Trainer preference (circle if any):    male    female    Name: \_\_\_\_\_

I have selected (check one):

One on One Training

P2 Training\*                      Workout buddy's name:    (1) \_\_\_\_\_

\* Both clients register in the same activity; one fee.

The type of trainer I am looking for is: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you are between 15 and 69 years old, please fill out attached **PAR-Q (Physical Activity Readiness Questionnaire)** form.

If you are 70 years or older please fill out the **PARmed-X** with your physician.

If you are pregnant please fill out the **PARmed-X for Pregnancy** with your physician.

# Health and Fitness Questionnaire

1. Are you presently involved in a regular exercise program? If yes, please state the duration, frequency, intensity and the type of activities.

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2. How active do you consider yourself?

- sedentary
- lightly active
- moderately active
- highly active

comments: \_\_\_\_\_

3. How would you describe your nutrition habits?

- good
- fair
- poor

comments: \_\_\_\_\_

4. How would you characterize your life?

- highly stressful
- moderately stressful
- low in stress

comments: \_\_\_\_\_

5. Please rate your knowledge of exercise and fitness.

- good
- fair
- poor

comments: \_\_\_\_\_

6. What types of activities/exercises do you enjoy doing?

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7. What activities would you like to learn?

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8. Please check 1-3 fitness goals:

- improve cardiovascular fitness
- improve muscular strength
- increase flexibility
- improve muscular endurance
- sport-specific training
- weight control/body composition
- injury prevention
- injury rehabilitation

9. Please provide details of your fitness goals:

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# Vancouver Board of Parks & Recreation



## Consent & Release

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I, (name) \_\_\_\_\_ age \_\_\_\_\_

of (address) \_\_\_\_\_

acknowledge as follows:

1. I have applied to participate in;  
A prescribed exercise program \_\_\_\_  
A program of fitness testing \_\_\_\_  
offered by the Vancouver Board of Parks & Recreation.
  
2. I have completed the “Physical Activity Readiness Questionnaire (PAR-Q)” and
  - a. Have truthfully answered all questions with a “No” (check here) \_\_\_\_
  - OR
  - b. have answered one or more questions with “Yes” (check here) \_\_\_\_, and I am attaching to this document a letter from my physician consenting to my participation in the program.
  
3. I have been informed and fully understand that participation in the program may involve certain risks to me and I agree to accept those risks.

I therefore give my consent to the Board of Parks and Recreation and its employees and authorized agents to perform the following procedures:

- a. Anthropometric measurements: girth and skinfolds
- b. Cardiorespiratory tests
- c. Flexibility tests
- d. Strength and muscular endurance
- e. Other - please specify \_\_\_\_\_

I waive any and all claims against the City of Vancouver, the Board of Parks and Recreation, and their employees and authorized agents and release and discharge them, their successors and assigns, from any and all actions, causes of action, claims and demands which may arise in consequence of my participation in the Fitness Centre program irrespective of whether my death or injuries to me resulted from negligence by the aforesaid parties. This waiver and release is binding on my estate and my heirs.

Signed in Vancouver, BC this \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Signature also of parent or guardian, if client is under 18 yrs



## Personal Training Information



Below is information about our services and can also be found on your receipt. Please read and sign below.

### PLEASE NOTE:

- Admission to the fitness centre is not included in the registration fee.
- There is a 6 month limit to your training session package. To get the best results, meet with your trainer regularly.
- There is a 24 hour cancellation policy and you may be charged for missed sessions. One client attending a P2 workout is a completed workout session. Contact your trainer directly for: late arrival, cancellations, schedule change, etc. **PLEASE DO NOT LEAVE MESSAGES AT THE COMMUNITY CENTRE OR FITNESS CENTRE.**
- If there is a medical emergency or extended periods that you will be absent, initiate a refund for the remaining sessions with the Programmer in charge as soon as possible.
- Wear appropriate workout clothing such as shorts, t-shirt and proper athletic shoes. Bring a water bottle and a sweat towel.
- Vancouver Park Board, community centre and its agents/employees are not responsible for lost or stolen items.

I have read and agree to the information above.

SIGNATURE: \_\_\_\_\_

Please return these completed forms and your PAR-Q form to the front office.

Your request will be processed ASAP. Thank you.