



WWW.FITSQUAD.IE 087-7914876 INFO@FITSQUAD.IE

Fitsquad Registration and Health Waiver Form

All information supplied on this form will be kept strictly confidential and never shared with a third party. Please complete in block capitals.

Client Name _____ Gender _____

Home Address _____

DOB _____ / _____ / _____ Occupation _____

Mobile Number _____ (We send class reminder texts f.o.c. the night before)

Home Number _____

Emergency Contact Name and No. _____

Doctors Name, location and No. _____

Email Address _____ Personal

Email Address _____ Work

Please specify with a * which e-mail address you wish us to use

Today's Date _____ / _____ / _____

How did you hear about Fitsquad _____

(this simply helps us gauge what form of advertising we get the best return from)

If referred by a member please name _____



Please circle the appropriate answer below - Yes or No

Have you had any form of illness/disease e.g. asthma, diabetes, epilepsy Yes No

If Yes Please specify _____

Is there a history of heart disease in your family? Yes No

If Yes Please specify _____

Do you suffer with chest pains ? Yes No

Do you suffer from high blood pressure ? Yes No

Do you suffer from high cholesterol levels ? Yes No

Are you currently taking any medication ? Yes No

Have you had surgery in the past 4 months ? Yes No

Are you or have you been pregnant in the past 4 months ? Yes No

Have you any muscle or joint injuries? Yes No

Have you had any condition that may be aggravated by weight lifting ? Yes No

Have you any condition that may limit your exercise programme ? Yes No

Have you ever been advised not to exercise by a doctor ? Yes No

Do you smoke, if yes how many a day ? Yes No

Do you exercise, if yes what type and how often? Yes No

If you have answered yes to more than one of the above questions please consult with your doctor on this before participating in this Fitsquad activity.

Aviva Health Member Yes No
(10% off Fitsquad for all Aviva Healthcare Members)



Fitsquad Informed Consent Liability Waiver

In being allowed to participate in Fitsquad activities, which are given by Fitsquad Instructors and use the facilities and equipment managed/owned by the Fitsquad Instructors and /or under the control of the organisers of Fitsquad, as well as accepting any payment or charge, I do hereby waive release and forever discharge Fitsquad and its organisers from all responsibilities or liability for injuries resulting from my participation of activities or use of the above equipment during a Fitsquad training session.

I agree that I am fit to engage in physical activity and I have enrolled in the group training fitness program offered by Fitsquad.

I recognise that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training and other various fitness activities.

I also understand that exercise and fitness activities involve a risk of injury and even death, and I am voluntary participating in these activities and using equipment and facilities in the knowledge of any dangers involved.

I hereby agree to accept all risks of injury or death. I agree that in requesting information or advice from Fitsquad instructors in relation to any activities being undertaken, If I choose not to accept this advice or ignore advice given I do so voluntarily and accept liability for all resulting injuries and damage.

I hereby affirm that I am in good physical condition and do not suffer from any known disability, impairment, disease or condition that would prevent or limit my participation in this exercise program or indeed use of equipment or facilities except as herein stated. I acknowledge that my enrolment and subsequent participation is done so on the basis that I have either had a physical examination and have been given doctors clearance to participate. I also have voluntarily decided to participate in activity and utilisation or equipment and machinery in my activities. In addition Fitsquad cannot accept any responsibility for items lost during training sessions or left with the instructor.

I have read the Fitsquad rules and accept them as outlined (see page 4 for rules and regulations).

Signed _____

Date ____/____/____



FITSQUAD RULES & REGULATIONS

I. Personal Health

1. Each Member must complete and sign the Fitsquad **Health Waiver** before commencing membership.
2. All Fitsquad members are **deemed fit** for each class activities upon arrival, unless otherwise stated to your instructor prior to class commencing.
3. Fitsquad do not accept any responsibility for any member being **injured** during any activities while training or any such event organised outside of these sessions.
4. All **Nutritional and Fitness Plans** are specific to each member, and are to be used accordingly as a guide. Fitsquad accept no responsibility of said guides.
5. It is the responsibility of each member to **inform** their Fitsquad instructor immediately if they feel uncomfortable or feel any pain or injury while participating in any exercise during their class.
6. Any person deemed unfit for training by their Fitsquad instructor will be removed from the training session. The use of **stimulants, drugs or alcohol** will result in immediate disqualification with no refunds.
7. Any changes to your **medical history** since sign-up must be communicated to your instructor in writing, or via the Fitsquad website.

II. Training Sessions

1. All members are required to **arrive** on time ready to train 5 minutes before their Fitsquad session starts. Late arrivals may be refused entry with regard to Health & Safety Guidelines.
2. Fitsquad Sessions run in virtually all **weather conditions**. If unsure members should check www.fitsquad.ie 1 hour before class is due to commence or text the Fitsquad number 087 7914876.
3. Appropriate **clothing** should be worn at all times, no sandals, open-toe shoes or bare feet. Good quality runners and a rain jacket are a must. A change of clothes is advisable after each Fitsquad session.
4. Fitsquad and Fitsquad Instructors cannot take responsibility for **lost or stolen property** at any stage.
5. Fitsquad is **outdoor training** at its best. Hence locations, terrain, activities, instructors and all other elements are likely to change regularly. Please be aware that toilet and changing facilities may not always be available.

III. Administration

1. Fitsquad members must ensure that their **contact details** are up to date at all times including mobile numbers and email addresses.
2. Fitsquad do not offer refunds on **missed classes**, however Missed Week Discount Vouchers are available for when you decide to take a break, once booked in advance.
3. Fitsquad and its Instructors reserve the right to **refuse admission** to any member at any stage without reason. No refunds given.
4. **Fitsquad Social** membership is free with ' current Fitsquad membership' and completely voluntary. Attendance while highly recommended is not compulsory. Associated costs may incur depending on each event.



5. Fitsquad reserve the right to **change** any element of its make-up to include locations, times, trainers, events, website, health waivers, terms and conditions etc. Note all amendments will take precedence over the former.
6. While every effort will be made to contact Fitsquad members, it is still the sole responsibility of each member to check www.fitsquad.ie for all updates. Members may be contacted in the future with special offers and organised events.