



BRISTOL FITNESS bfitvt.com

## MEMBERSHIP INFORMATION

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home #: \_\_\_\_\_ Cell: \_\_\_\_\_

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

Emergency Contact: \_\_\_\_\_ Emergency #: \_\_\_\_\_

### PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

PAR-Q is designed to help you help yourself. Many benefits are associated with regular exercise/activity and the completion of the PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life. For most people, physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully.

- YES NO 1. Has your doctor ever said that you have heart trouble?
- YES NO 2. Do you feel pain in your chest when you do physical activity?
- YES NO 3. Do you lose your balance because of dizziness, or do you ever lose consciousness?
- YES NO 4. Has your doctor ever told you your blood pressure was high?
- YES NO 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- YES NO 6. Do you know of any other reason why you should not do physical activity?
- YES NO 7. Are you over the age of 65 and not accustomed to vigorous exercise?

**If you answered YES to one or more questions:** If you have not recently done so, consult a physician before taking a fitness test or substantially increasing your physical activity. You should ask for a medical clearance along with information about specific exercise limitations you may have. In most cases, you will still be able to do any type of activity you want as long as you adhere to some guidelines.

**If you answered NO to all the PAR-Q questions:** You can be reasonably sure that you can exercise safely and have low risk of having any medical complications from exercise. It is still important to start slowly and increase gradually. It may also be helpful to have a fitness assessment with a personal trainer or coach in order to determine where to begin.

## Club Use by Children

- Children under 13 must be under direct supervision of a responsible adult at all times. We define direct supervision to mean within arm's reach. Members attending group exercise class or using the studio while their child waits in the hall is a violation.
- Parents may not leave child unattended in areas of the club.
- Children are expected to behave in a quiet, orderly and non-disruptive manner.

## Release of Liability

In agreeing to participate in any way at BFit VT, I agree as follows:

I fully understand and acknowledge that recreational and fitness activities have

- (a) inherent risks, dangers, hazards and such exists in my use of such equipment and my participation in these activities.
- (b) My participation in such activities and/or use of such equipment may result in injury or illness including, but not limited to, bodily harm, disease, strains, fractures, partial and/or total paralysis, death or other ailments that could cause serious disability.
- (c) These risks and dangers may be caused by the negligence of the representatives, employees, or volunteers of EMU, the negligence of the participants, the negligence of others, accidents, breaches of contract, or other causes.
- (d) By my participation in these activities and for use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages whether caused in whole or in part by the negligence or the conduct of the representatives, employees, or by any other person.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND THE TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT INDUCEMENT.**

**PARTICIPANT'S SIGNATURE:** \_\_\_\_\_

**PARENT'S SIGNATURE:**

\_\_\_\_\_  
PARENT'S SIGNATURE IS REQUIRED IF PARTICIPANT IS UNDER 18 AT TIME OF REGISTRATION.