



## **Speed • Wellness • Endurance • Agility • Training**

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### **Informed Consent**

Please fill out all information requested below

I, (Print Name) \_\_\_\_\_, give my consent to participate (and/or my consent for my participant under the age of majority to participate) in the physical fitness evaluation program conducted by SWEAT.

#### **Benefits**

Participation in a regular program of physical activity has been shown to produce positive changes in a number of organ systems. These changes include increased work capacity, improved cardiovascular efficiency, and increased muscular strength, flexibility, power, and endurance.

#### **Risks**

I recognize that exercise carries some risk to the musculoskeletal system (sprains, strains) and the cardiorespiratory system (dizziness, discomfort in breathing, heart attack). I hereby certify that I know of no medical problem (except those noted below) that would increase my risk of illness and injury as a result of participation in a regular exercise program.

#### **Testing and Evaluation Results**

I understand that I will undergo initial testing to determine my current physical fitness status. The testing will consist of completing this health inventory, taking a step test or bicycle ergometer test for cardiovascular fitness, and being tested for muscular fitness and body composition.

I further understand that such screening is intended to provide SWEAT with essential information used in the development of individual programs. I understand that my individual results will be made available only to me. I also understand that the testing is not intended to replace any other medical test or the services of my physician. By signing this consent form, I understand that I am personally responsible for my actions during my tenure at SWEAT, and that I waive the responsibility of this facility if I should incur any injury as a result of my negligence.

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Signature

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Date

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Print Minor Name

(for participants under the age of majority)

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Signature of Parent or Guardian

(for participants under the age of majority)