



Personal Information

Name:

D.O.B:

Mobile number:

Email:

Home address:

Post Code:

Informed Consent Form

I have volunteered to participate in a programme of physical exercise under the guidance of Bootcamp UK, which can include, but may not be limited to, weight/resistance training, cardio respiratory training and other sporting and stretching activities.

All sessions will begin with a suitable warm-up activity and conclude with a suitable cool-down period and stretches. All activities will be explained and demonstrated where necessary. I will inform the trainer of any reasons that I feel that I should not partake in any given activity or sessions.

I understand that I must ask questions about any part of the session, risks or benefits that have not already been explained to me. I will question with the trainer any doubts, reservations or queries that may concern me at any time. I am aware that I can withdraw from any activities at any time.

I understand that the programme is designed for apparently healthy adults and I fully understand that there is an element of risk associated with any exercise programme.

The programme is based on my present activity/fitness levels and the goals that I wish to achieve. I will experience some feelings of exertion during each session and I will become hot and uncomfortable at times. I may also experience some muscle ache for a period of a few days following an exercise session. My breathing and heart rate will increase as a result of these activities, as would be expected from physical exercise of this type. As my fitness and strength improves, I will be encouraged to participate in more vigorous levels of activity, but these should remain within my capabilities.

In attending Bootcamp UK and taking part in the sessions I provide my consent for my picture to be taken and my image to be used for various types of marketing and advertising for the company.

I believe that the programme will be designed in a way that will minimize the possible risks. I will notify any discomforts or pain to my trainer immediately and I will cease the activity straight away.

I agree to participate in the exercise programme described to me by my trainer(s). I understand that the programme may change and progress as time goes on in order to remain effective.

I have been made aware of the structure, benefits, risks and health and safety implications of the programme and I understand that I can withdraw at any time.

Please tick one of the boxes below or speak to a Bootcamp UK instructor if necessary:

Do you know of any reason why you should not do physical activity?

Yes ☐ No ☐

Client's signature:

Printed name:

Date:

All activities will be explained and demonstrated for you. Please feel free to ask questions about them if you wish. Any exercise programme carries with it an element of risk. The programme is designed to minimise the risks whilst providing an effective workout.