



## **INFORMED CONSENT AGREEMENT**

Thank you for choosing to use the facilities, services or programs of Matachewan “Get Fit” Centre. We request your understanding and cooperation in maintaining both your safety and health by reading and signing the following informed consent agreement.

I \_\_\_\_\_, declare that I intend to use some or all of the facilities, activities, programs and services offered by Matachewan” Get Fit” Centre and I understand that each person, including myself, has a different capacity of participating in such activities, facilities, programs and services. I assume full responsibility during and after my participation, for my choices to use or apply, at my own risk, any portion of the information or instruction that I receive.

I understand that part of the risk involved in undertaking any activity or program is relative to my own fitness of health (physical, mental or emotional) and relative to my awareness and skill of the facility, activity or program. I acknowledge that my choice to participate in any activity, service and program of the “Get Fit” Centre brings with it the assumption by me of those risks from these choices and the fitness, health, awareness, care, and skill that I possess and use.

I accept the fact that the skills and competence of some of the volunteers will vary according to their training and experience. No claim is made to offer assessment of any mental or physical disease or condition by those who are not fully licensed, certified or registered, to provide such professional services.

I recognize that by participating in the activities, facilities, programs and services offered by the “Get Fit” Centre, I may experience potential health risks such as light headedness, fainting, abnormal blood pressure, chest discomfort, leg cramps and nausea and that I assume willfully, those risks. I acknowledge any other symptoms that I may suffer during and immediately following my participation. I understand that I may stop or delay my participation in any activity or procedure if I desire. I understand that I may ask questions or request further explanation or information about activities, facilities, programs and services offered by Matachewan “Get Fit” Centre at any time.

I declare that I have read, understood and agree to the contents of this Informed Consent Agreement in its entirety.

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_