

## **OP. 10 Informed Consent/Par-Q Forms**

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### **PURPOSE**

The Informed Consent Form is designed to bring to customer's attention that some physical activities may be strenuous for the first time fitness enthusiast and caution should be used by all Fitness Centre users when exercising. The medical questions asked on the Par-Q Form bring potential health risk concerns to the clients' attention and are required to be addressed by a medical practitioner prior to starting any exercise program.

### **SCOPE**

This policy applies to all individuals purchasing a fitness membership or a day pass to the Aquarena Fitness Centre or Field House.

### **POLICY STATEMENT**

- I. All individuals purchasing a fitness membership or a day pass to the Fitness Centre at The Works are required to complete a Par Q/Informed Consent Form prior to paying for their fitness membership or commencing their exercise program.
- II. Only those individuals answering "No" to all of the questions on the form will be permitted to purchase a membership.
- III. An individual answering yes to a question on the form will be directed to obtain a clearance from his/her physician. The doctor's note is to be attached to the form and kept on file.
- IV. The Par-Q applies only to those aged 15 to 69. Anyone who is under 15 must have their parent's signature. Anyone over 69 or pregnant must seek medical clearance from a physician.
- V. Customers who answer yes to any question on the Par-Q Form are considered to be high risk. The sale of a membership to this customer will be managed by the Manager of Fitness and Student Services once the customer obtains medical clearance from his/her doctor. The membership form will not be filed with other customers files, but be held and regularly reviewed by the Manager of Fitness and Student Services.

### **AUTHORITY**

The Manager of Fitness is responsible to the Director/General Manager for the communication and consistent administration of this policy.

### **RESPONSIBILITY**

Fitness Supervisors, Fitness employees and Receptionists at the Customer Service Desk are responsible for administering this policy and ensuring that all customers complete the required forms.