

XTREME HIP HOP WITH LEIGH PRE-EXERCISE QUESTIONNAIRE



Personal Details

Name: Age: DOB:/...../..... M / F
 Address:
 Mobile: Email:.....
 Emergency Contact Person:..... Phone:.....
 How did you hear about Xtreme Hip Hop with Leigh?

1/ Do you have, or have you had:

- heart disease (please specify):
.....
- high blood pressure high cholesterol
- diabetes
- lung disorder (eg. asthma, emphysema)
.....
- other cardiac problem (incl. pacemaker,):
.....
- no/ or none of the above.

2/ Have you ever been told you are at risk of:

- heart disease high blood pressure
- high cholesterol diabetes stroke
- no/ or none of the above.

3/ Have you ever been told that you have heart problems, eg.:

- heart murmur valve defect
- racing heart irregular beats
- angina
- other:
- no/ or none of the above.

4/ Do you have, or have you experienced:

- epilepsy fainting seizures
- dizzy spells convulsions
- no/ or none of the above.

5/ Do you experience sudden shortness of breath?

- Yes No

6/ Have you ever had pain or pressure, either at rest or during exercise:

- in the middle of, or on the left side of, the chest,
- in the neck region,
- at the left shoulder or down the left arm.
- no/ or none of the above.

7/ Do you take any medications for (please name):

- heart disease:
- diabetes:.....
- cholesterol:.....
- blood pressure:.....
- asthma, breathing problems:
- no/ or none of the above.

8/ Are you aged over 60 years of age:

- Yes No

9/ Do you have any joint or muscular problems that may affect your ability to train:

- Yes No

If yes, please explain:

10/ Do you have any other conditions or injuries that may affect your ability to train:

- Yes No

If yes, please explain:

NOTE:

Xtreme Hip Hop with Leigh strongly recommends that you consult your doctor and obtain medical clearance prior to commencing any exercise program, as a certain level of risk is inherited in any exercise program.

XTREME HIP HOP WITH LEIGH LIABILITY WAIVER



Please Read and Sign Below

I, _____ (participant), have registered for the class *Xtreme Hip Hop with Leigh*. I recognize that this exercise class may involve strenuous physical activity including, but not limited to, muscle strength, endurance, cardiovascular conditioning, and other various fitness activities. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or otherwise limit my full participation in this physical class.

In addition, I am fully aware of the risks and hazards connected with any exercise or fitness activity involves a risk of injury, as well as abnormal changes in blood pressure, fainting, and a remote risk of heart attack, stroke, other serious disability or death. I am accepting such risks and volunteering to participate with full understanding of the dangers involved. I hereby elect to voluntarily participate in this class knowing that the associated physical activity may be hazardous to me and/or my property. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OR LOSS, PROPERTY DAMAGE, OR PERSONAL INJURY, INCLUDING DEATH, that may be sustained by me, or loss or damage to property owned by me, as a result of participation in this CLASS.

I hereby release, waive, discharge, and covenant not to sue *Xtreme Hip Hop with Leigh*, today's host and/or any of its, servants, agents, consultants, volunteers, and/or employees from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, damage, or injury (including, but not limited to, death) that may be sustained by me, or to any property belonging to me, while participating in this class, or while on or upon the premises where the event is being conducted including, but not limited to, any claims arising under negligence.

It is my expressed intent that this waiver and release shall bind any and all members of my family including, but not limited to, my spouse, if I am alive, and my heirs, assigns, and personal representatives, if I am deceased. It is also my expressed intent that this waiver and release shall also be deemed a full release, waiver, discharge, and covenant not to sue insofar as my aforementioned family members, heirs, assigns, and personal representatives are concerned.

In signing this waiver and release, I acknowledge and represent that I have read and understand the foregoing and hereby sign it voluntarily as my own free act and deed; no oral representations, statements or inducements, apart from the foregoing written agreements have been made; and I hereby execute this waiver and release for valuable consideration, intending to be bound by the same.

I grant to Xtreme Hip Hop with Leigh the right to take photographs of me in connection with the above-identified event. I authorize *Xtreme Hip Hop with Leigh*, its assigns and transferees to copyright, use and publish the same in print and/or electronically.

I agree that Xtreme Hip Hop with Leigh may use such photographs and/or video of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, marketing and Web content.

By signing this waiver, I agree to the above terms and conditions. [] tick here

Signed: _____ Date: _____

Name: _____ Email: _____