

REGISTRATION / HEALTH QUESTIONNAIRE

Child's Name:	Parent's Name:	Nationality:
Age/D.O.B:	Contact Number:	Contact Email:

Previous or current exercise regime?	
How did you hear of Fitness 02?	

Answer each question by circling YES or NO:

1. Has your child EVER had asthma, used inhaler medication or been troubled by shortness of breath? YES / NO
2. Does your child have diabetes or raised blood sugar levels? YES / NO
3. Has your child EVER had epilepsy, experienced fits, seizures, convulsions, fainting or blackouts? YES / NO
4. Has your child EVER had heart disease, heart murmur or irregular heartbeat? YES / NO
5. Has your child EVER had any injuries that have led you to see a medical practitioner? YES/NO
6. Has your child EVER suffered from juvenile arthritis or any bone or joint problems? YES / NO
7. Has your child EVER undergone any operations? YES / NO
8. Is your child currently receiving treatment for any health conditions? YES / NO
9. Is your child taking any prescribed medication? YES / NO
10. Do you know of ANY other circumstances regarding your child's health and fitness that MIGHT make your child unable to carry out any exercises conducted during a fitness session? YES / NO

If you answered yes to any question, please explain _____

Upon completion of this form, I declare and understand the following:

- The information given by me in this questionnaire is complete, true and accurate. I have completed the health history to the best of my knowledge and have not knowingly withheld any information about my child's health history, which maybe important.
- I understand that my child may be excluded from any exercise and/or fitness assessment based upon my exercise risk or that my participation may in some way be restricted or altered.
- I have been informed of the need for medical approval before enrolling my child in the fitness training program.
- Fitness 02 Programs can be physically demanding. Your child will be undertaking fitness classes and exercises including but not limited to sprinting and running drills, endurance activities, obstacle courses, circuits, agility and core conditioning and competitive team activities.
- You/your child are encouraged NOT to bring valuable personal belongings to training sessions. If, however, at any time you/your child entrust Fitness 02 with such belongings, Fitness 02 will not be responsible for theft or loss thereof.
- You agree that any information, instruction or advice obtained from Fitness 02, its partners, trainers or staff (collectively Fitness 02) may NOT be used as a substitute for your child's doctor's advice or treatment.
- You agree that any information, instruction or advice obtained from Fitness 02 will be used at your own risk.
- Fitness 02 have the right to use any images taking of you/your child, during sessions for promotional purposes.
- You agree to release and hold harmless Fitness 02 from any and all responsibilities or liabilities from injury arising from your child's participation in any exercise program.
- You and/or your insurers, not Fitness 02, will be responsible for any and all medical and other costs you may incur.
- I have agreed to enrol my child in the program and that no membership fees will be refunded, unless agreed to by a Fitness 02 representative.

 Signature (Parent/Guardian)

 Date