

Medical declaration of understanding form



I the client, agree that I fully understand that Brownes Boot Camp Fitness Instructors are not medical doctors and therefore cannot diagnose or prescribe treatment for any form of injury, disease or any other medical condition.

Before embarking on any exercise programme I must have completed the Brownes Fitness (PARQ) Physical Activity Readiness Questionnaire and resulting processes. I also understand that I should inform you of any medical conditions that may or may not have been covered in the form and that I may be advised to visit my doctor prior to commencing the sessions.

I acknowledge that I have either had a physical examination and have been given my doctors permission to participate, or that I have decided to participate in the activity and/or use the equipment and machinery without the approval of my doctor and do hereby assume all responsibility for my participation and activities.

I release Brownes Boot Camp and any associated business from any liability for personal injury or other damage I may sustain whilst engaging in any exercise programme suggested by the Trainer.

Client Signature:

Print Name:

Date:

Find us on   

www.brownesbootcamp.co.uk

Southend on Sea: 01702 680112 **Colchester:** 01206 700212 **Brentwood:** 01277 424777