



3. PERSONAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise and the completion of a PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life. For most people physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them. **Please read the following questions carefully and answer to the best of your knowledge by writing yes or no on the line.**

1. Has your doctor ever said you have a heart condition and recommended only medically supervised physical activity? \_\_\_\_\_
2. Do you have chest pain brought on by physical activity? \_\_\_\_\_
3. Have you developed chest pain within the last month? \_\_\_\_\_
4. Do you lose consciousness or fall over as a result of dizziness? \_\_\_\_\_
5. Do you have a bone, joint or back problem that could be aggravated by your intended physical activity? \_\_\_\_\_
6. Has a doctor ever recommended medication for your blood pressure or a heart condition? \_\_\_\_\_
7. Are you aware, through your own experience or a doctor's advice, of any other physical reason why you should not exercise without medical supervision? \_\_\_\_\_

4. INFORMED CONSENT AGREEMENT (The Fine Print)

**Acknowledgement of Risks, Injury & Obligations**

I declare that I intend to use some or all the activities, facilities, programs and services (activities) offered by theGYM Challenge Your Mountain and I understand that each person has a different capacity for and participating in such activities. I am aware that all activities offered are educational, recreational or self-directed in nature. 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 I receive.

I understand that part of the risk involved in undertaking any activity is relative to my own state of fitness and health (physical, mental or emotional) and also to the awareness, care and skill with which I conduct myself in that activity. By doing so, I acknowledge and accept the risks.

I understand that the activities offered by theGYM Challenge Your Mountain are sometimes conducted by individuals who may not be licensed, certified or registered instructors or professional. I accept the fact that the skills and competencies of some employees and volunteers may vary according to their training and experience and that no claim is made to offer assessment or treatment of any mental

or physical disease or condition by those who are not duly licensed, certified or registered and employed to provide such professional services. I further understand that there may be times that I choose to participate in activities set forth by theGYM Challenge Your Mountain when there is limited or no supervision.

I recognize that by participation in the activities offered by theGYM Challenge Your Mountain, that I might experience potential health risks such as transient light-headedness, fainting, abnormal blood pressure, chest discomfort, leg cramps and nausea and that I assume willfully those risks. I acknowledge my obligation to immediately inform the nearest supervising employee or my physician of any pain, discomfort, fatigue or any other symptoms that I may suffer during and immediately after my participation. I understand that I may stop or delay my participation in any activity if I so desire and that I may also be requested to stop and rest by a supervising employee who observes any symptoms of distress or abnormal response.

I understand that I may ask any questions or request further explanation or information about the activities offered by theGYM Challenge Your Mountain at any time before, during or after my participation.

### **Compliance With Guidelines**

It is the responsibility of theGYM Challenge Your Mountain members to respect the guidelines. theGYM Challenge Your Mountain staff is not always able to directly supervise the various fitness/recreations area. If you feel that actions of other users are compromising your rights to safety, hygiene or courtesy don't hesitate to approach them about following the guidelines or talk to one of theGYM Challenge Your Mountain staff. By signing, you also understand cancellation and/or early termination policies and that there are **no refunds** after payment is received.

### **Administration**

All members must be registered prior to the start of any activity on the first day of the retreat.

Appropriate athletic footwear & attire must be worn at all times while participating in activities.

In consideration for others, please refrain from wearing perfumes, colognes, aftershaves & other scented products.

All weights and equipment must be put back after use.

No rude language, excessive noise, or any behaviour that would otherwise impair the enjoyment of the retreat to another member.

- **Deposits are not refundable.** Memberships may only be cancelled with two months notice to receive a refund minus the deposit amount.  
If the undersigned refuses to abide by any of theGYM Challenge Your Mountain Membership Agreement terms and rules posted or otherwise implied theGYM has ***complete authority to terminate or suspend the membership without refund.***

### **Your Privacy**

Your personal information is for theGYM Challenge Your Mountain membership purposes only and will not be disclosed to any external party without your consent. All your personal information is protected in accordance with the *Freedom of Information and Protection of Privacy Act*.

**5. MEMBERS DECLARATION**

Before signing this document, I have read, understand and hereby agree to the terms and conditions of membership as defined in Section 4 and know that it affects my legal rights.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

D / M / Y

**6. OFFICE USE ONLY**

**Deposit \$** \_\_\_\_\_ **Payment Type:** Cash Chq Debit Visa MCard

**Total Fees Received \$** \_\_\_\_\_

The total fee amount must be paid before the commencement of the retreat

**Staff Name (Print):** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

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**7. PAYMENT INFORMATION**

- Completed membership forms can be mailed to: 1100 Main Street Penticton, B.C V2A 5E5  
Attn: Troy Adams/ Nick Blouin
- Or faxed to: 250-490-0902  
Attn: Troy Adams/ Nick Blouin
- Checks and money order Deposits can be mailed to: 1100 Main Street Penticton, B.C V2A 5E5 Made out to The GYM  
Attn: Troy Adams/ Nick Blouin
- All credit card deposit payments must be made over the phone or in person at The GYM: (250) 490- 0901: 1100 Main Street Penticton, B.C V2A 5E5
- Debit deposit payments can be made in person, at The GYM: 1100 Main Street Penticton, B.C V2A 5E5

All final payments will be made on the registration day, the first day of the Challenge Your Mountain retreat, at the APEX Mountain INN. Cash, Credit Card, Cheque, and Money Order will all be accepted in person for the final payment.