

# CrossFit Sunshine Coast



## Health Assessment Waiver and Goals Work Sheet

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Home Phone #: \_\_\_\_\_

Mobile #: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Crossfit Sunshine Coast recommends that you clear your participation in any exercise program with you physician.

### HEALTH ASSESSMENT

Have you ever had any form of heart disease? Yes / No

Have you ever experienced shortness of breath or chest pains? Yes / No

Date of last full physical: \_\_\_\_\_

Do you have or do any of the following pertain to your health?

If yes please explain.

High Blood Pressure? Yes / No

Levels: \_\_\_\_\_

Cigarette Smoking? Yes / No

Diabetes? Yes / No

Types: \_\_\_\_\_

Family History of Heart Disease? Yes / No

Who/Age: \_\_\_\_\_

Do you work out at least three times per week? Yes / No

Are you currently taking any medication? Yes / No

Explain: \_\_\_\_\_

Do you have problems in the following areas?

Knees Yes / No

Explain: \_\_\_\_\_

Lower Back Yes / No

Explain: \_\_\_\_\_

Neck/Shoulders Yes / No

Explain: \_\_\_\_\_

Hip/Pelvis Yes / No

Explain: \_\_\_\_\_

Any Other Yes / No

Explain: \_\_\_\_\_

Is there any reason you know of that you should not participate in exercise? Yes / No

Explain: \_\_\_\_\_

### INFORMED CONSENT/ASSUMPTION OF RISK

I, \_\_\_\_\_, agree to participate in a physical fitness program/class run by CrossFit Sunshine Coast, which may include, but not necessarily be limited to, CrossFit Kids, CrossFit Training, and/or training of any kind by any affiliate, subsidiary or partnership of CrossFit Sunshine Coast and/or Craig Scharf (hereinafter collectively referred to as CrossFit Sunshine Coast). CrossFit Sunshine Coast made me fully aware that the fitness programs/classes which CrossFit Sunshine Coast offers and in which I desire to participate are of a nature and kind that are extremely strenuous and can/may push me to the limits of my physical abilities. I the undersigned recognize and understand that the programs/classes are not without varying degrees of risk which may include, but are not limited to the following: Injury to the musculoskeletal and/or cardio respiratory systems which can result in serious injury or death, injury or death due to negligence on the part of myself, my training partner, or other people around me, injury or death due to improper use or failure of equipment, or injury or death due to a medical condition, whether known or unknown by me. I am aware that any of these above mentioned risks may result in serious injury or death to myself and or my partner(s).

Initials: \_\_\_\_\_

I willingly assume full responsibility for any and all risks that I am exposing myself to as a result of my participation in CrossFit Sunshine Coast programs/classes and accept full responsibility for any injury or death that may result from participation in any activity, class or physical fitness program. I hereby certify that I know of no medical problems that would increase my risk of illness and injury as a result of participation in a fitness program designed by CrossFit Sunshine Coast. CrossFit Sunshine Coast informed me that there exists the possibility of adverse physical changes during an

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exercise program, and I fully understand the same. CrossFit Sunshine Coast informed me that these changes could include abnormal blood pressure, fainting, disorder of heart rhythm, stroke, and in very rare instances, heart attack or even death, and I fully understand the same. With my full understanding of the above information, I agree to assume any and all risk associated with my participation in CrossFit Sunshine Coast fitness programs/classes.

**Initials:** \_\_\_\_\_

### Release:

In full consideration of the above mentioned risks and hazards and in full consideration of the fact that I am willingly and voluntarily participating in the activities made available by CrossFit Sunshine Coast, and with my full understanding of all of the above, I hereby waive, release, remise and discharge CrossFit Sunshine Coast and its agents, officers, principals and employees and volunteers, of any and all liability, claims, demands, actions or rights of action, or damages of any kind related to, arising from, or in any way connected with, my participation in CrossFit Sunshine Coast fitness programs/classes, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties.

This agreement shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect.

If I am signing on behalf of a minor child, I also give full permission for any person connected with CrossFit Sunshine Coast to administer first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical and or surgical care for the child and to transport the child to a medical facility deemed necessary for the well being of the child.

**Initials:** \_\_\_\_\_

**Indemnification:** I recognize that there is risk involved in the types of activities offered by CrossFit Sunshine Coast. Therefore I accept financial responsibility for any injury that I or the participant may cause either to him/herself or to any other participant due to his/her negligence. Should the above mentioned parties, or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless CrossFit Sunshine Coast, their principals, agents, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered by CrossFit Sunshine Coast.

**Initials:** \_\_\_\_\_

**Use of picture(s)/film/likeness:** I agree to allow CrossFit Sunshine Coast, its agents, officers, principals, employees and volunteers the a picture(s), film and/or likeness of me for advertising purposes. In the event I choose not to allow the use of the same for said purpose, I agree that I must inform CrossFit Sunshine Coast of this in writing.

**Initials:** \_\_\_\_\_

**I have fully read and fully understand the foregoing assumption of risk, and release of liability and I understand that by signing it obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission. I understand that by signing this form I am waiving valuable legal rights.**

\_\_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Participant's Name (please sign)

\_\_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Legal Guardian (please sign)