



## WELCOME TO ATHLETE'S ADDICTION STRENGTH & SPEED

**\*\*If under 18 years of age, parent/guardian must complete\*\***

**Participant Name:** \_\_\_\_\_ **Participant DOB:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**T-Shirt Size:** \_\_\_\_\_ **Gender:** \_\_\_\_\_ **Allergies:** \_\_\_\_\_

**Significant Medical Information:** \_\_\_\_\_

**How did you hear about us?** \_\_\_\_\_

### LIABILITY WAIVER

I, the undersigned, do hereby acknowledge that the use of Athlete's Addiction Strength & Speed, Complete Game Sports, and additional Athlete's Addiction Strength & Speed Facilities, Services, Equipment or Premises involves risk of injury to my person and my property, and that as a condition to use facility and services, I assume full responsibility for such risks. I understand that Virtual and Online Training Services do not offer the same level of trainer supervision that IN GYM sessions provide. I hereby indemnify and hold harmless Athlete's Addiction Strength and Speed, Complete Game Sports and additional Athlete's Addiction Strength & Speed Facilities, its agents, related entities and employees, from all liability to me, my heirs and assigns for any loss of damage to me, and forever give up any claims therefore on account of injury to my person or property.

### MEDICAL TREATMENT AUTHORIZATION FORM FOR MINOR & ADULT CLIENTS

**This form grants temporary authority for AA/AASS to provide and arrange for medical care in the event of an emergency.**

I do hereby state that I have legal custody of the aforementioned Minor. I grant my authorization and consent for Athlete's Addiction/Athlete's Addiction Strength & Speed Staff (hereafter "Designated Adult") to administer general first aid treatment for any minor injuries or illnesses experienced by the Minor. If the injury or illness is life threatening or in need of emergency treatment, I authorize the Designated Adult to summon any and all professional emergency personnel to attend, transport, and treat the minor and to issue consent for any X-ray, anesthetic, blood transfusion, medication, or other medical diagnosis, treatment, or hospital care deemed advisable by, and to be rendered under the general supervision of, any licensed physician, surgeon, dentist, hospital, or other medical professional or institution duly licensed to practice in the state in which such treatment is to occur. I agree to assume financial responsibility for all expenses of such care. It is understood that this authorization is given in advance of any such medical treatment, but is given to provide authority and power on the part of the Designated Adult in the exercise of his or her best judgment upon the advice of any such medical or emergency personnel.

### PHOTO/VIDEO WAIVER

Athlete's Addiction/Athlete's Addiction Strength & Speed likes to capture photos or videos as part of our instructional program, as well as a way to share these activities with our community. We need your permission to photograph you or your child for use on our company's media outlets. You may opt out at any time By signing below you give our staff permission to photograph/video you or your child to use in our company's media outlets.

**By signing below, you acknowledge that you have read, understand, and agree to the terms listed above in the Liability Waiver, Medical Treatment Authorization Form for minor & Adult Clients, and the Photo/Video Waiver.**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_



**ATHLETE’S ADDICTION STRENGTH AND SPEED**

**Health Questionnaire for All Clients**

**\*\*If under 18 years of age, parent/guardian must complete\*\***

**Name of Participant:** \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

	<b>YES</b>	<b>NO</b>
1. <b>Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?</b>	_____	_____
2. <b>Do you ever experience chest pain during physical activity?</b>	_____	_____
3. <b>Do you ever lose balance because of dizziness or do you ever lose consciousness?</b>	_____	_____
4. <b>Do you have a bone or joint problem that could be made worse by a change in your physical activity participation?</b>	_____	_____
5. <b>Do you have uncontrolled asthma (i.e. asthma that is not easily controlled by an inhaler)?</b>	_____	_____
6. <b>Is your doctor currently prescribing any medication for you blood pressure or heart condition?</b>	_____	_____
7. <b>Do you know of any other reasons why you should not undergo physical activity? This might include diabetes, a recent injury or serious illness.</b>	_____	_____

**I \_\_\_\_\_ declare that the above information is correct at the time of completing this questionnaire. I have discussed my medical issues with my physician and am cleared for physical activity.**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Disclaimer:** You should consult your physician or other health care professional before starting any new diet or exercise program. The scope of our practice here at Athlete’s Addiction is Nutrition Coaching. We are not Doctors or Registered Dietitians. Athlete’s Addiction does not treat patients, prescribe diets or supplements to treat medical and clinical conditions, prescribe diets to treat symptoms of medical and clinical conditions; nor diagnose medical conditions. Nutrition and Supplement information is intended for general reference purposes only and is not intended to address specific medical or health conditions. This information is not a substitute for professional medical advice or a medical exam. Prior to taking nutritional supplements or participating in any diet or exercise program or activity, you should seek the advice of your physician or other qualified health professional. No health information should be used to diagnose, treat, cure or prevent any medical condition.

**THANK YOU FOR TRAINING WITH US! PLEASE LET US KNOW HOW WE CAN MAKE YOUR EXPERIENCE MORE ENJOYABLE!**