



INFORMED CONSENT FOR TRAINING PARTICIPANTS

The tests included in the training evaluation will assess the following areas of physical fitness: anaerobic capacity/power, muscular strength, muscular endurance, flexibility, balance and agility.

The most physically demanding tests are the anaerobic capacity, muscular strength and muscular endurance tests. The anaerobic capacity tests involve maximal output sprinting, jumping, and agility. The purpose is to examine maximal power output with high intensity tests and calculated recovery periods. The muscular strength/endurance tests are either one repetition maximum on a bench press, leg press, squat, or estimated percentage of one repetition maximum from the number of repetitions performed. Other tests with similar types of protocols may be substituted.

Muscular fatigue may be experienced during or after both of these tests. Complications have been few during exercise tests, especially those of sub-maximal nature. If the person exercising is not tolerating work well, exercise is stopped. Reported complications (1 in 10,000 tests) include faintness and irregularities in heart function. Risk of injury getting on or off exercise equipment is possible, but rare.

In signing this consent form, you acknowledge that you have read and understood the description of these tests and their complications. In addition, you state that any questions you have about the fitness evaluation have been answered to your satisfaction. Every effort will be made to insure your health and safety. You enter the tests willingly and may withdraw at any time.

A physician's examination is recommended for all participants with any exercise restrictions and for those persons over forty (40) years of age. Training and conditioning participants in this category without a physician's examination acknowledge they have been informed of its importance and accept full responsibility for their health and well being. You also understand that the leaders of the program assume no responsibility. _____ **(Please initial)** Junior High/High School students are required to have a school physical within the past year. I attest this physical has occurred within **a year of this date.** _____ **(Please initial)**

Participant's Name (please print clearly)

Date

Participant's Signature (Parent if participant is under 18 years of age.)