

OP. 10 Informed Consent/Par-Q Forms

PURPOSE

The Informed Consent/Physical Activity Readiness Questionnaire (PAR-Q) Form is designed to bring to customer's attention that some physical activities may be strenuous, and caution should be used by all users when exercising. The medical questions asked on the PAR-Q Form bring potential health risk concerns to the customer's attention and are strongly advised to be addressed by a medical practitioner prior to starting any exercise program.

SCOPE

This policy applies to individuals purchasing a membership to The Works.

POLICY STATEMENT

- I. All individuals purchasing a membership to The Works are required to complete a PAR Q/Informed Consent Form prior to paying for their membership or commencing their exercise program.
- II. The PAR Q/Informed Consent Form will detail the requirements for an individual to have a membership. The Customer is responsible and is strongly advised to get medical clearance if they do not meet the requirements outlined in the PAR Q/Informed Consent.

AUTHORITY

The Manager of Fitness is responsible to the Director/General Manager for the communication and consistent administration of this policy.

RESPONSIBILITY

Fitness Supervisor, Fitness Leaders and Customer Service Staff at the Customer Service Desks are responsible for administering this policy and ensuring that all customers complete the required forms.