

Personal Training Client Package



Instructions

1. Please complete each form accurately and completely.
2. Submit completed forms to Reception (Oak Bay or Henderson Recreation Centres).
3. You will be contacted within 72 hours by a trainer to set up your first appointment.
4. Personal Training Sessions must be purchased prior to scheduling an appointment.

PLEASE NOTE:

- Personal Trainers Bios are posted at each fitness center and online www.recreation.oakbay.ca
- Packages expire after 360 days from the date of purchase.
- Medical clearance may be required.
- Preferred Trainer may not be available.
- Cancellation/reschedule within 48 hours on more than 2-3 occasions may result in a partial (50%) appointment fee.

Cancellation Policy

- 24 hours' notice is required for appointment cancellation to avoid loss of your session.
- To cancel an appointment, first attempt to contact the trainer directly.
- If you are unable to reach the trainer, please call reception at 250-595-7946 and provide them with your appointment date, trainers name and reason for cancellation.
- Prorated refunds may be granted at the discretion of the Fitness Supervisor for medical reason with doctor's note, relocation outside of Greater Victoria or compassionate reason.

Please call the Fitness Team Lead at 250-370-7132 or email FitnessTL@oakbay.ca if you have any questions.

FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT

The information collected on this form is authorized under Section 26(c) of the Freedom of Information and Protection of Privacy Act, as it relates directly to and is necessary for the safe provision of the District's personal training and personal training rehabilitation programs. The information may be stored in paper files in secure locations within District offices and/or digitally within the District's secure computer network, accessible only to authorized staff, including the Fitness Supervisor, Fitness Programmer, Personal Trainers and/or authorized acting personnel in these positions. The information collected is used to inform staff of necessary health history, including, but not limited to, chronic conditions, medications, past injuries, past surgeries, and relevant lifestyle factors. If you have questions regarding the collection, use and disclosure of personal information, contact the Corporate Services Department at foi@oakbay.ca or 250-598-3311.

Health History Form

To be completed prior to starting personal training sessions

Name: _____

Birth Date: _____

Cell Phone: _____

Home Phone: _____

Email: _____

Work Phone: _____

Family Doctor: _____

Doctor's Phone: _____

1. Which location would you prefer to train at? Oak Bay Recreation Centre Henderson Recreation Centre

2. What training package are you purchasing today?

PRIVATE PERSONAL TRAINING (ONE ON ONE)
1 HR SESSIONS

1 session \$68

3 Sessions \$194

6 Sessions \$367.50

10 Sessions \$598.40

SEMI-PRIVATE PERSONAL TRAINING (PER COUPLE)
1 ½ HOUR SESSIONS

1 Session \$115

3 Sessions \$327.75

6 Sessions \$621

3. Do you have a specific trainer you would like to work with? _____

4. What days and times work best for you to meet with your personal trainer? Please check all that apply.

Monday

Tuesday

Wednesday

Thursday

Friday

Sat/Sun

9:00am-12:00pm

12:00-5:00pm

5:00-9:00pm

5. Do you have any chronic illnesses? _____

If yes, explain:

6. Do you take any Prescription Medication? _____

If yes, explain:

7. Do you take any over-the-counter medications or supplements? If yes, explain:

8. Have you had any bone, joint, muscle injuries or concerns – past and present? Please check and explain.

| | | | | |
|------------|--------|---------|----------------|--|
| Head | | | | |
| Neck | Elbow | Foot | Other | |
| Shoulder | Wrist | Arms | Explain: _____ | |
| Upper Back | Hips | Legs | _____ | |
| Mid Back | Knees | Chest | _____ | |
| Lower Back | Ankles | Stomach | _____ | |

9. Is this injury related to a Motor Vehicle Accident? ____ If yes, do you have an open claim with ICBC? ____

10. Have you had any surgeries? _____ If yes, explain:

11. Do you smoke? _____ If yes, how often? _____

12. Rate your daily stress level from 1-10 (1= very low / 10 = very high) _____

13. How many hours do you regularly sleep per night? _____

14. Occupation/Daily Routine: (please check one) Sedentary Active Physically Demanding

15. Are you currently participating in any physical activity? ____ If yes please state Frequency, Intensity, Duration, and Type _____

16. What would you rate your knowledge around fitness: Poor Good Excellent

17. Please outline your fitness goals and expectations from Personal Training:

| | | |
|---|---|---------------|
| Add Variety to Current Exercise Routine | Improve Health | Reduce Stress |
| Build Muscle Mass | Increase Flexibility | Other _____ |
| Enhance Sport Specific Skills | Increase Motivation | _____ |
| Improve Balance | Increase Muscle Tone | _____ |
| Improve Cardiovascular Fitness | Learn correct form and exercise technique | _____ |
| | Reduce Fat | _____ |

18. Which obstacles or barriers are preventing you from attaining these goals?

PAR-Q+

The Physical Activity Readiness Questionnaire for Everyone

The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

GENERAL HEALTH QUESTIONS

| Please read the 7 questions below carefully and answer each one honestly: check YES or NO. | YES | NO |
|---|--------------------------|--------------------------|
| 1) Has your doctor ever said that you have a heart condition <input type="checkbox"/> OR high blood pressure <input type="checkbox"/> ? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise). | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITION(S) HERE: _____ | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Are you currently taking prescribed medications for a chronic medical condition? PLEASE LIST CONDITION(S) AND MEDICATIONS HERE: _____ | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it does not limit your current ability to be physically active. PLEASE LIST CONDITION(S) HERE: _____ | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Has your doctor ever said that you should only do medically supervised physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |



If you answered NO to all of the questions above, you are cleared for physical activity.

Please sign the PARTICIPANT DECLARATION. You do not need to complete Pages 2 and 3.

- Start becoming much more physically active – start slowly and build up gradually.
- Follow Global Physical Activity Guidelines for your age (<https://www.who.int/publications/i/item/9789240015128>).
- You may take part in a health and fitness appraisal.
- If you are over the age of 45 yr and NOT accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.
- If you have any further questions, contact a qualified exercise professional.

PARTICIPANT DECLARATION

If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community/fitness center may retain a copy of this form for its records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

NAME _____ DATE _____

SIGNATURE _____ WITNESS _____

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER _____



If you answered YES to one or more of the questions above, COMPLETE PAGES 2 AND 3.



Delay becoming more active if:

- You are currently experiencing a temporary illness, such as a cold or fever. It is best to wait until you feel better.
- You are pregnant. In this case, talk with your health care practitioner, physician, qualified exercise professional, and/or complete the ePARmed-X+ at www.eparmedx.com before becoming more physically active.
- Your health changes. Answer the questions on Pages 2 and 3 of this document and/or talk to your health care practitioner, physician, or qualified exercise professional before proceeding with any physical activity program.

PAR-Q+

FOLLOW-UP QUESTIONS ABOUT YOUR MEDICAL CONDITION(S)

1. Do you have Arthritis, Osteoporosis, or Back Problems?

If the above condition(s) is/are present, answer questions 1a-1c

If **NO** ☐ go to question 2

- | | | |
|-----|--|--|
| 1a. | Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer NO if you are not currently taking medications or other treatments) | YES <input type="checkbox"/> NO <input type="checkbox"/> |
| 1b. | Do you have joint problems causing pain, a recent fracture or fracture caused by osteoporosis or cancer, displaced vertebra (e.g., spondylolisthesis), and/or spondylolysis/pars defect (a crack in the bony ring on the back of the spinal column)? | YES <input type="checkbox"/> NO <input type="checkbox"/> |
| 1c. | Have you had steroid injections or taken steroid tablets regularly for more than 3 months? | YES <input type="checkbox"/> NO <input type="checkbox"/> |

2. Do you currently have Cancer of any kind?

If the above condition(s) is/are present, answer questions 2a-2b

If **NO** ☐ go to question 3

- | | | |
|-----|---|--|
| 2a. | Does your cancer diagnosis include any of the following types: lung/bronchogenic, multiple myeloma (cancer of plasma cells), head, and/or neck? | YES <input type="checkbox"/> NO <input type="checkbox"/> |
| 2b. | Are you currently receiving cancer therapy (such as chemotherapy or radiotherapy)? | YES <input type="checkbox"/> NO <input type="checkbox"/> |

3. Do you have a Heart or Cardiovascular Condition? This includes Coronary Artery Disease, Heart Failure, Diagnosed Abnormality of Heart Rhythm

If the above condition(s) is/are present, answer questions 3a-3d

If **NO** ☐ go to question 4

- | | | |
|-----|--|--|
| 3a. | Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer NO if you are not currently taking medications or other treatments) | YES <input type="checkbox"/> NO <input type="checkbox"/> |
| 3b. | Do you have an irregular heart beat that requires medical management? (e.g., atrial fibrillation, premature ventricular contraction) | YES <input type="checkbox"/> NO <input type="checkbox"/> |
| 3c. | Do you have chronic heart failure? | YES <input type="checkbox"/> NO <input type="checkbox"/> |
| 3d. | Do you have diagnosed coronary artery (cardiovascular) disease and have not participated in regular physical activity in the last 2 months? | YES <input type="checkbox"/> NO <input type="checkbox"/> |

4. Do you currently have High Blood Pressure?

If the above condition(s) is/are present, answer questions 4a-4b

If **NO** ☐ go to question 5

- | | | |
|-----|--|--|
| 4a. | Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer NO if you are not currently taking medications or other treatments) | YES <input type="checkbox"/> NO <input type="checkbox"/> |
| 4b. | Do you have a resting blood pressure equal to or greater than 160/90 mmHg with or without medication? (Answer YES if you do not know your resting blood pressure) | YES <input type="checkbox"/> NO <input type="checkbox"/> |

5. Do you have any Metabolic Conditions? This includes Type 1 Diabetes, Type 2 Diabetes, Pre-Diabetes

If the above condition(s) is/are present, answer questions 5a-5e

If **NO** ☐ go to question 6

- | | | |
|-----|--|--|
| 5a. | Do you often have difficulty controlling your blood sugar levels with foods, medications, or other physician-prescribed therapies? | YES <input type="checkbox"/> NO <input type="checkbox"/> |
| 5b. | Do you often suffer from signs and symptoms of low blood sugar (hypoglycemia) following exercise and/or during activities of daily living? Signs of hypoglycemia may include shakiness, nervousness, unusual irritability, abnormal sweating, dizziness or light-headedness, mental confusion, difficulty speaking, weakness, or sleepiness. | YES <input type="checkbox"/> NO <input type="checkbox"/> |
| 5c. | Do you have any signs or symptoms of diabetes complications such as heart or vascular disease and/or complications affecting your eyes, kidneys, OR the sensation in your toes and feet? | YES <input type="checkbox"/> NO <input type="checkbox"/> |
| 5d. | Do you have other metabolic conditions (such as current pregnancy-related diabetes, chronic kidney disease, or liver problems)? | YES <input type="checkbox"/> NO <input type="checkbox"/> |
| 5e. | Are you planning to engage in what for you is unusually high (or vigorous) intensity exercise in the near future? | YES <input type="checkbox"/> NO <input type="checkbox"/> |

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- 6. Do you have any Mental Health Problems or Learning Difficulties?** This includes Alzheimer's, Dementia, Depression, Anxiety Disorder, Eating Disorder, Psychotic Disorder, Intellectual Disability, Down Syndrome

If the above condition(s) is/are present, answer questions 6a-6b

If **NO** ☐ go to question 7

6a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES ☐ NO ☐

6b. Do you have Down Syndrome **AND** back problems affecting nerves or muscles? YES ☐ NO ☐

- 7. Do you have a Respiratory Disease?** This includes Chronic Obstructive Pulmonary Disease, Asthma, Pulmonary High Blood Pressure

If the above condition(s) is/are present, answer questions 7a-7d

If **NO** ☐ go to question 8

7a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES ☐ NO ☐

7b. Has your doctor ever said your blood oxygen level is low at rest or during exercise and/or that you require supplemental oxygen therapy? YES ☐ NO ☐

7c. If asthmatic, do you currently have symptoms of chest tightness, wheezing, laboured breathing, consistent cough (more than 2 days/week), or have you used your rescue medication more than twice in the last week? YES ☐ NO ☐

7d. Has your doctor ever said you have high blood pressure in the blood vessels of your lungs? YES ☐ NO ☐

- 8. Do you have a Spinal Cord Injury?** This includes Tetraplegia and Paraplegia

If the above condition(s) is/are present, answer questions 8a-8c

If **NO** ☐ go to question 9

8a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES ☐ NO ☐

8b. Do you commonly exhibit low resting blood pressure significant enough to cause dizziness, light-headedness, and/or fainting? YES ☐ NO ☐

8c. Has your physician indicated that you exhibit sudden bouts of high blood pressure (known as Autonomic Dysreflexia)? YES ☐ NO ☐

- 9. Have you had a Stroke?** This includes Transient Ischemic Attack (TIA) or Cerebrovascular Event

If the above condition(s) is/are present, answer questions 9a-9c

If **NO** ☐ go to question 10

9a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES ☐ NO ☐

9b. Do you have any impairment in walking or mobility? YES ☐ NO ☐

9c. Have you experienced a stroke or impairment in nerves or muscles in the past 6 months? YES ☐ NO ☐

- 10. Do you have any other medical condition not listed above or do you have two or more medical conditions?**

If you have other medical conditions, answer questions 10a-10c

If **NO** ☐ read the Page 4 recommendations

10a. Have you experienced a blackout, fainted, or lost consciousness as a result of a head injury within the last 12 months **OR** have you had a diagnosed concussion within the last 12 months? YES ☐ NO ☐

10b. Do you have a medical condition that is not listed (such as epilepsy, neurological conditions, kidney problems)? YES ☐ NO ☐

10c. Do you currently live with two or more medical conditions? YES ☐ NO ☐

**PLEASE LIST YOUR MEDICAL CONDITION(S)
AND ANY RELATED MEDICATIONS HERE:**

GO to Page 4 for recommendations about your current medical condition(s) and sign the PARTICIPANT DECLARATION.

PAR-Q+



If you answered NO to all of the FOLLOW-UP questions (pgs. 2-3) about your medical condition, you are ready to become more physically active - sign the PARTICIPANT DECLARATION below:

- It is advised that you consult a qualified exercise professional to help you develop a safe and effective physical activity plan to meet your health needs.
- You are encouraged to start slowly and build up gradually - 20 to 60 minutes of low to moderate intensity exercise, 3-5 days per week including aerobic and muscle strengthening exercises.
- As you progress, you should aim to accumulate 150 minutes or more of moderate intensity physical activity per week.
- If you are over the age of 45 yr and **NOT** accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.



If you answered YES to one or more of the follow-up questions about your medical condition:

You should seek further information before becoming more physically active or engaging in a fitness appraisal. You should complete the specially designed online screening and exercise recommendations program - the **ePARmed-X+** at www.eparmedx.com and/or visit a qualified exercise professional to work through the ePARmed-X+ and for further information.



Delay becoming more active if:

- You are currently experiencing a temporary illness, such as a cold or fever. It is best to wait until you feel better.
- You are pregnant. In this case, talk to your health care practitioner, physician, qualified exercise professional, and/or complete the ePARmed-X+ at www.eparmedx.com before becoming more physically active.
- Your health changes. Talk to your health care practitioner, physician, or qualified exercise professional before continuing with any physical activity program.

- You are encouraged to photocopy the PAR-Q+. You must use the entire questionnaire and NO changes are permitted.
- The authors, the PAR-Q+ Collaboration, partner organizations, and their agents assume no liability for persons who undertake physical activity and/or make use of the PAR-Q+ or ePARmed-X+. If in doubt after completing the questionnaire, consult your doctor prior to physical activity.

PARTICIPANT DECLARATION

- All persons who have completed the PAR-Q+ please read and sign the declaration below.
- If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community/fitness center may retain a copy of this form for records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

NAME _____

DATE _____

SIGNATURE _____

WITNESS _____

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER _____

For more information, please contact

www.eparmedx.com

Email: eparmedx@gmail.com

Citation for PAR-Q+

Warburton DER, Jamnik VK, Bredin SSD, and Gledhill N on behalf of the PAR-Q+ Collaboration. The Physical Activity Readiness Questionnaire for Everyone (PAR-Q+) and Electronic Physical Activity Readiness Medical Examination (ePARmed-X+). Health & Fitness Journal of Canada 4(2):3-23, 2011.

Key References

1. Jamnik VK, Warburton DER, Makarski J, McKenzie DC, Shephard RJ, Stone J, and Gledhill N. Enhancing the effectiveness of clearance for physical activity participation, background and overall process. APNM 36(S1):S3-S13, 2011.
2. Warburton DER, Gledhill N, Jamnik VK, Bredin SSD, McKenzie DC, Stone J, Charlesworth S, and Shephard RJ. Evidence-based risk assessment and recommendations for physical activity clearance; Consensus Document, APNM 36(S1):S266-S298, 2011.
3. Chisholm DM, Collis ML, Kulak LL, Davenport W, and Gruber N. Physical activity readiness. British Columbia Medical Journal. 1975;17:375-378.
4. Thomas S, Reading J, and Shephard RJ. Revision of the Physical Activity Readiness Questionnaire (PAR-Q). Canadian Journal of Sport Science 1992;17:4 338-345.

The PAR-Q+ was created using the evidence-based AGREE process (1) by the PAR-Q+ Collaboration chaired by Dr. Darren E. R. Warburton with Dr. Norman Gledhill, Dr. Veronica Jamnik, and Dr. Donald C. McKenzie (2). Production of this document has been made possible through financial contributions from the Public Health Agency of Canada and the BC Ministry of Health Services. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada or the BC Ministry of Health Services.