



PADDED GLOVES BOOTCAMP REGISTRATION FORM

PERSONAL INFORMATION

Mr Mrs Miss Ms

Male/Female

DOB / /

First name

Surname

Address.....

.....

State Postcode

Phone (H) Phone (W)

Mobile

Email

How did you hear about PADDED GLOVES BOOTCAMP.....

T Shirt Size (XS) (S) (M) (L) (XL)

MEDICAL/HEALTH INFORMATION

- Arthritis or joint problems
- Pain or tightness in chest
- Asthma
- Muscular pain or cramps
- Diabetes
- Any major injuries
- Hernia
- Epilepsy
- Rheumatic fever
- Back or neck pain
- Family history of heart disease
- Liver or kidney conditions
- Chronic cough
- Heart condition
- Regular headaches
- High cholesterol
- High or low blood pressure
- Have you been hospitalised recently
- Are you pregnant?

- Are there any conditions that may limit your activity?
- Are you a male >35 yrs & unaccustomed to exercise?
- Are you a female >45 yrs & unaccustomed to exercise
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IF YOU TICKED ANY OF THE ABOVE YOU MAY BE REQUIRED TO OBTAIN A MEDICAL CLEARANCE PRIOR TO ANY PARTICIPATION IN PADDED GLOVES BOOTCAMP.

TERMS AND CONDITIONS

FEES AND PAYMENT

PADDED GLOVES BOOTCAMP fee of \$240 (incl gst) must be paid in full prior to the commencement of the Bootcamp course.

Payment can be made by cash, cheque/money order (made payable to Padded Gloves Pty Ltd) or EFT. Bank Deposit details - **Bank: ANZ BSB: 012291 A/C #: 498283035 A/C Name: Padded Gloves Pty Ltd**

CANCELLATION

Cancellations received 7 days or more before the commencement of the course will entitle you to a full refund of the Course Fee paid.

Cancellations received less than 7 days before the commencement of the course will incur an \$80.00 administration fee.

No refunds will be given for any cancellations after the course has commenced.

MAKE-UP SESSIONS

PADDED GLOVES BOOTCAMP is a month by month course. Make-up sessions are not available except in the unlikely event that a session is cancelled by PADDED GLOVES Management. In that event, a make-up session will be arranged by PADDED GLOVES.

BOOTCAMP TRAINERS

PADDED GLOVES Management reserves the right to change or use a substitute Trainer for all or any part of any BOOTCAMP course.

WARRANTY AND RELEASE

You hereby acknowledge that the PADDED GLOVES BOOTCAMP course activities are, by their very nature, more strenuous and rigorous than other forms of exercise.

You hereby represent and warrant to PADDED GLOVES Management that you are physically capable of and there is no medical reason to prevent you from undertaking any PADDED GLOVES BOOTCAMP activity.

PADDED GLOVES Management relies on the above warranties in allowing you to undertake the PADDED GLOVES BOOTCAMP course.

You acknowledge that you release and indemnify PADDED GLOVES Management in respect of and hereby excludes, to the extent permitted by law, all liability for any injury loss or damage to person or property (whether direct, indirect, special or consequential) suffered by you while you are participating in any PADDED GLOVES BOOTCAMP course however that injury, damage or loss is caused.

SAFETY ISSUES

1. PADDED GLOVES BOOTCAMP Trainers are qualified and current in First Aid. Each Trainer carries a First Aid Kit.
2. Your Trainer may exclude you from undertaking any BOOTCAMP activities (even if you have a clearance from your health professional) if they believe that undertaking or continuing to undertake those activities may endanger your health.
3. If you suspect you have sustained an injury or feel the effects of a previously known condition, cease all activity immediately and notify your Bootcamp Trainer.
4. In the event of an emergency, you may be asked to call an ambulance. The emergency services number is 000 or 112 from some mobile phones.
5. If a Trainer is injured, the closest first aid person will be required to apply first aid and arrange emergency services if necessary. If no person is first aid trained - call emergency services.
6. Every participant must have a full water bottle at the beginning of every session.
7. If you have an asthma condition - please carry your own medication (i.e. puffer) at all times.
8. When crossing roads, follow the directions of the Trainer. Cross in an orderly and safe manner at all times.
9. ALWAYS give way to members of the public - they have right of way.
10. Keep noise to a minimum especially in residential areas.
11. If you feel at risk of any danger, please inform your Bootcamp Trainer immediately.

ACKNOWLEDGEMENT AND ACCEPTANCE

1. I acknowledge that this registration form was completed in full and I have read and understood the Terms and Conditions set out above prior to me signing.
2. The information I have provided in this registration form is true, complete and accurate.
3. I have obtained clearance from my medical professional where required or recommended.
4. I agree that I will undertake the PADDED GLOVES BOOTCAMP course in accordance with the terms and conditions set out in this registration form.

..... / /

Please (print name) Signature Date

Person to be notified in case of an emergency:

Relationship: Contact Number: