



## INFORMED CONSENT

This programme has been designed to meet your personal needs. It involves activities such as mobility exercises, rhythmic activities such as walking and cycling, resistance exercises using machines, free weights or body weight, and stretching exercises. It is designed to improve cardiovascular fitness, muscular strength and endurance and flexibility.

All activities will be explained and demonstrated for you. Please notify the fitness advisor if for any reason you feel you should not participate in any part of the session.

Any exercise programme carries with it an element of risk. The risks include cardiac arrest, and joint and muscle injuries. This programme has been designed to minimise the risks involved. If at any time during the exercise session you feel excessive discomfort or pain you should stop the activity and notify the fitness advisor.

Any questions about any part of the session, risks or benefits are welcome. If you have any doubts or reservations, please voice these concerns and ask for an explanation or clarification. You are free to withdraw from the session at any time.

*I agree to participate in the exercise session described to me by the fitness advisor, and I understand that in order for the programme to remain effective it will change and progress as time goes on.*

*I consent to the exchange of medical information between my fitness advisor and doctor, in order to assist in the prescription of appropriate exercise.*

*I consent to the exchange of information between fitness advisors employed by the Pickaquooy Centre and Orkney Islands Council .*

*The structure, purpose, benefits and risks of the session have been explained to me and I understand that I may withdraw from the session at any time.*

Printed name: .....

Address: .....

Participants signature: .....

Date: .....

Scuba number: .....

Witness signature: .....

Printed name: .....

Date: .....