

CHIKUNG4HEALTH.COM - INFORMED CONSENT

Welcome to your session!!

Your enjoyment and safety are important, so before the session begins there are a few health and safety matters to deal with:

- You should already have completed your ParQ (Physical Activity Readiness Questionnaire) and your instructor will have discussed any issues raised with you. If you have not done this, then please ask your instructor now
- Please take time to read this form and sign at the bottom to show that you understand what has been written

So let's begin.....

The session has been carefully designed for everyone of any ability to take part. It will involve activities that aim to:

- ✓ Improve your cardio-vascular fitness/stamina
- ✓ Improve your flexibility
- ✓ Provide you with enjoyment and fun
- ✓ Improve your health
- ✓ Improve muscular strength and endurance
- ✓ Improve general poise, posture and grace and fluidity of movement
- ✓ Reduce Stress and relax you

There will be a warm up to get you moving and mobilise your joints, followed by some short stretches. Once this has been done, you will be ready for the main part of the class.

You will be doing gentle and rhythmic movements standing / seated (depending upon venue and participants' abilities). Sometimes there may be a walking exercise but participation in this section is optional. The instructor will demonstrate all the moves and give you lots of help and useful tips and teaching points to make everything clear – if you have any questions do not hesitate to ask. You do not have to remember the moves, but you may wish to do so in order to practise at home.

If you feel you should not participate in any part of the class, then feel free to say this, as there will be other things that you can do instead. Every move is adaptable to your personal situation no matter what your limitations are.

If you are worried about anything, ask the instructor for explanation and guidance. If you experience any discomfort or pain, stop immediately and inform the instructor.

With any activity, there is an element of risk and Chi Kung is no different. Please be aware of the following:

- ! Over-exertion – doing too much, too quickly.
- ! Falling over – please remember to support yourself with a chair or do the moves seated

Every effort has been made to make your session as safe and enjoyable as possible. However, you are also responsible for your own safety, so listen carefully to all instructions and listen to your own body.

If at any time you wish to withdraw from the session you are free to do so.

I agree to take part in the session as explained above. I have been made aware of the benefits and also the potential risks and will co-operate with the instructor and the group. I know that I am free to leave the session at any time.

I am age 18 or above.

NAME: _____ SIGNATURE: _____

WITNESS: _____ SIGNATURE: _____

DATE: _____