

# Personal Training Informed Consent

## Purpose of This Form

This document explains what to expect when participating in personal training at TAMUK Rec Sports, including potential benefits and risks, your responsibilities, privacy, and your right to choose whether to participate.

## 1. Benefits to Be Expected

Personal training is designed to help you:

- Improve strength, endurance, flexibility, and overall fitness®
- Learn safe and effective exercise techniques
- Stay motivated and accountable toward your goals
- Enhance energy, confidence, and well-being

## 2. Potential Risks

Most exercise is safe when performed correctly, but risks can include:

- Muscle soreness or fatigue
- Minor injuries such as sprains or strains
- Dizziness, fainting, or in rare cases, more serious events

Your trainer will provide modifications and monitor your form to reduce risk. Always tell your trainer if you feel discomfort, pain, or unusual symptoms.

## 3. Alternative Options

You are not required to participate in personal training to use Rec Sports facilities if you have a Rec Sports membership. You may choose to work out on your own, join group fitness classes, or participate in other programs at any time

## 4. Your Responsibilities

To help ensure your safety and the success of your program, you agree to:

- Complete all health and readiness questionnaires honestly
- Notify your trainer of any health changes, injuries, or restrictions
- Follow all instructions and safety guidelines
- Wear appropriate clothing and footwear for exercise

## 5. Medical Clearance

If your health screening responses indicate certain conditions, Rec Sports may require written clearance from your healthcare provider before training begins.

## 6. Confidentiality & Use of Information

Any personal or health information you share will be kept confidential in accordance with university policy and applicable laws. Your information will only be used to design your fitness program, communicate with you about training, and for internal program recordkeeping.

## 7. Inquiries & Freedom of Consent

You may ask questions about your program at any time. Participation is entirely voluntary, and you may withdraw consent and stop training at any time without penalty, though standard refund and cancellation policies will apply.

## 8. Attendance & Policy Agreement

By signing this form, you acknowledge that you have read and agree to follow Rec Sports Personal Training policies, including those on scheduling, attendance, cancellations, and refunds. A copy of these policies is available on the Rec Sports website and from your trainer.

## 9. Acknowledgement & Assumption of Risk

I have read and understand the information in this form. I understand the benefits and potential risks of personal training and agree to participate voluntarily. I assume full responsibility for my health and safety during training, except where injury is caused by negligence of TAMUK Rec Sports staff.

**Participant Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Trainer/Witness:** \_\_\_\_\_ **Date:** \_\_\_\_\_