

Informed Consent

Pilates exercise programmes are designed to improve muscle tone, strength, endurance and flexibility and may include physical activities such as stretching, using weights and equipment/machines.

When participating in activity/exercise you are likely to experience different levels of intensity over varying lengths of time. As a result you may experience quicker breathing patterns and become hot, as well as feelings of awkwardness depending on your experience or level of fitness.

Each part of the activity/exercise you participate in will be fully explained, you are strongly advised to ask question if you are not clear about anything.

Most exercise programmes contain certain risks; muscle pulls, joint strains, aches, pains and general discomfort from parts of the body not previously used.

If at any time you feel any pain or discomfort, stop performing the activity and notify the instructor. Likewise, if you feel that you should not do a particular exercise for any reason you must inform the instructor.

Prior to taking part in activity/exercise sessions you are advised to complete a physical activity readiness questionnaire (PAR-Q), if you answer Yes to any of the questions you are strongly recommended to consult your GP prior to continuing. There are many activities you may still be able to do. You are advised to start slowly and increase your level of activity slowly, whatever level you are currently at.

I have read and understand the conditions and risks of participation and I consent to voluntarily take part in the activities required.

I realise I am free to withdraw my consent and to withdraw from the activities at any time, without negative consequences. I consent to the use of visual images (photos, videos etc.) involving my participation in the activities.

I understand that relevant sections of any of my medical notes and data collected during the activities may be looked at by the tutor where it is relevant to my taking part in this session and I give permission for these individuals to have access to my records.

Participant's

Name:Signature:Date:.....