



Informed Consent

Please note: If you are reading this form to decide whether your child should participate in Elite Golf and Running Performance's fitness program, the term "you" refers to your child.

INTRODUCTION

Before agreeing to participate in testing and training, it is important that you read and understand the following explanation. At your first visit you will be asked to read and sign this consent form if you wish to participate.

Fitness Programs and/or Bodywork/manual therapy:

Sessions may include any of the following components:

- **Evaluation** includes functional movements, strength and flexibility assessment.
- **Dynamic Warm-Up** will include various exercises to physically prepare your body for training. This warm-up will prepare you for training by raising your body temperature, increasing blood flow to your muscles, and improving your flexibility, balance and coordination.
- **Plyometric Training** focuses on correct jumping technique. The goal of jump training is to develop muscle control, strength and power.
- **Strength Training** will emphasize body alignment and form, while performing a structured strength-training program. The goal of strength training is to improve your overall muscle efficiency.
- **Flexibility Training** will require stretching through a complete range of motion to decrease injury and post-training soreness.
- **Core Training** will focus on dynamic and static stability to make the body more efficient in transferring energy from the core to the upper quarter or lower quarter. It will also focus on the ability to disassociate the upper body from the lower body which is necessary in golf mechanics.
- **Bodywork:** May include manual therapy including joint mobilizations; muscular and/or fascial stretching; and form of physical therapy, carried out by a licensed physical therapist and fascial stretch practitioner.
- **Swing or Running Analysis** will require swinging a golf club or running on a treadmill to analyze current movement patterns and mechanics.

The instructor will discuss and demonstrate each exercise or drill to be performed during the Dynamic Warm-Up, Plyometrics, Strengthening, Flexibility, and Core Training.

RISKS, EXPERIENCE, BENEFITS AND PRECAUTIONS

Fitness Programs or manual therapy may involve the following risks and/or discomforts:

Injury to the lower extremity

The training program can be rigorous and include double and single-leg jumping exercises and resistance exercises. Potential injuries include, but are not limited to, muscle strains and ligament sprains. These injuries are the same as those that can happen during any sports activities that involve jumping, pivoting, cutting and lifting. The training program is done under the supervision of certified personnel who will conduct all of the training sessions. If you experience any unusual pain, you should notify the certified personnel immediately.

Generalized muscle pain

You may have generalized muscle soreness or stiffness as a result of the testing and training. You should notify the certified personnel if you experience significant muscle pain or stiffness.

UNFORESEEN RISKS

There may be risks from participating in this training that are unknown.

CONFIDENTIALITY

Records involving your participation in testing and training will be held confidential to the extent allowed by law and will not be released to the general public. Aggregate results may be published, but your name will not appear in any report or publication.

INJURY PROCEDURE

Although unlikely, you may be injured as a result of your participation in Elite Golf and Running Performance (EGRP) Fitness training or manual therapy. Robyn will evaluate any unwanted conditions that could occur during testing, training, or manual therapy and she will help you seek appropriate care.

LIABILITY RELEASE:

By signing this document, you 1) expressly represent that you are in good health and are capable of full participation in rigorous physical activity; 2) agree to assume all risk of personal injury while attending and participating in this program; and 3) are acting for yourself, your heirs, personal representatives, and assigns, you release EGRP and any of its staff from any loss or liability whatsoever for any accident or injury, fatal or otherwise, which may result directly or indirectly from your involvement with this program.

FINANCIAL POLICY:

It is the policy that payment arrangements for participation must be made at or prior to time of signing this document. Payment before or at the end of each session is required, unless a package is purchased for multiple sessions. Packages are good for a 2-month time period. Missed sessions due to non-medical reasons and cancelled inside of 24hrs. will not be refunded.

PHOTOGRAPH RELEASE:

Your photographs may be published or utilized by EGRP for educational, promotional or informational purposes. Your identification will not be released with the photographs without your permission.

CONSENT

I have read and understand the preceding information. I have had an opportunity to ask questions and all of my questions have been answered to my satisfaction. This form is being signed voluntarily by me, indicating my agreement to participate in EGRP's fitness training and/or manual therapy/bodywork sessions. I do not give up any of my legal rights by signing this consent form. I will receive a copy of this signed and dated consent form upon request.

Printed Name of Participant

Printed Name of Parent or Legal Guardian*

Signature of Participant

Date

Signature of Parent or Legal Guardian*

Date

*By signing this consent form, I verify that I have the legal authority (legal custody) to give permission for this child to participate in the Elite Golf and Running Performance Program.