

INFORMED CONSENT FOR INDIVIDUAL FITNESS TESTING

PLEASE READ THE FOLLOWING BEFORE SIGNING THE AGREEMENT (Waiver):

- i. **I confirm that** I am physically fit and suffer no serious medical condition that I am conscious of which may be aggravated by my use of the NorthTec services. I declare that I understand that I will perform fitness tests. I know these tests will incorporate exercise intensities that may stress my functional capacity. I am conscious of the fact that I will be fatigued following the test(s) and that I may feel muscle soreness the following days.
- ii. I acknowledge that subject to any rights I may have pursuant to the Consumer Guarantees Act 1993, the use of the services involves risk of injury. I agree that by using these services I personally assume that risk and release NorthTec and its officers and employees from any liability, claims, losses, damages or expenses caused by or arising out of or in connection with my use of the facilities including **but not limited to** personal injury, heart attack or death, property loss or damage, emotional or nervous shock.
- iii. **I declare that** I know that I have the opportunity to a proper warm-up, to familiarise myself with the test (s) and the equipment that will be involved. I take note of the fact that the risks are minimised by NorthTec during the test, that my test can even be halted on occasions due to safety concerns and that I will not prevent NorthTec officers and employees from doing this or argue about it, but cooperate for my own safety concerns. I also know that I am free to withdraw from the test (s) at any time.
- iv. **I consent to** participate in any tests administered by NorthTec, and take knowledge of the fact that the information is collected in accordance with the Privacy Act, 1993 and for administration purposes only. It will not be passed on to any other person or institution without my written permission.
- v. **I also agree by signing this agreement** that subject to any rights I may have pursuant to the Consumer Guarantees Act 1993, **I will not bring any action proceeding or litigation** against NorthTec or any officers and employees for the risks or perils referred to in "section i" (above) **seeking compensatory or any other form of damages in any court** in New Zealand or in any other country.

Declaration

By signing this agreement (waiver), I declare that I have read, fully understand everything mentioned and agree to it:

NAME: _____ SIGNED: _____ DATE: _____

EMAIL: _____ LANDLINE: _____ MOBILE: _____

Parent's / Guardian's signature (If under the age of 18):

NAME: _____ SIGNED: _____ DATE: _____

RELATIONSHIP TO PARTICIPANT: _____ PHONE: _____