



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA MEDICAL CLEARANCE FORM

(To be completed if answered "yes" to any PAR-Q questions)

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Dear Doctor:

\_\_\_\_\_ has applied for enrollment in fitness testing and/ or exercise programs of the YMCA.

The fitness testing involves a submaximal test for cardiorespiratory fitness, body composition analysis, flexibility test, muscular strength and endurance tests and flexibility test. The exercise programs are designed to start easy and become progressively more difficult over a period of time. A more detailed description of the testing and exercise programs is attached. All fitness tests and exercise programs will be administered by a qualified personnel trained in conducting exercise tests and exercise programs.

By completing the form below, however, you are not assuming any responsibility for our administration of the fitness testing and/ or exercise programs. If you know of any medical or other reasons why participation in the fitness testing and/ or exercise program by the participant would be unwise, please indicate so on this form.

If you have any questions about the YMCA fitness testing and/ or exercise programs, please call Sandra Ihlenfeld, Healthy Living Association Director, at 724-452-9122.

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## REPORT OF PHYSICIAN

\_\_\_\_\_ I know of no reason why the applicant may not participate.

\_\_\_\_\_ I believe the applicant can participate, but I urge caution because:

\_\_\_\_\_ The applicant should not engage in the following activities:

\_\_\_\_\_ I recommend that the applicant NOT participate.

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City & State: \_\_\_\_\_ Zip: \_\_\_\_\_

Trainer/ Instructor: \_\_\_\_\_

YMCA Fax Number: 724-452-8561



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# DESCRIPTION OF FITNESS TESTING & EXERCISE PROGRAMS

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Dear Doctor:

The YMCA fitness testing and/or exercise programs for which the participant has applied are described as follows:

**Fitness Testing** – The purpose of fitness testing is to evaluate cardiorespiratory fitness, body composition, flexibility, muscular strength, and endurance. The cardiorespiratory fitness tests involves a submaximal test that may include a bench step test, cycle ergometer test, or a one mile walk for best time test. Body composition is analyzed by taking several skinfold measures to calculate percentage of body fat. Flexibility is determined by the sit-and-reach test. Muscular strength may be determined by an upper-body bench press test or a lower-body leg extension test. Muscular endurance may be evaluated by the one minute, bend-knee sit-up test or the endurance bench press test.

**Exercise Programs** – The purpose of the exercise programs is to develop and maintain cardiorespiratory fitness, body composition, flexibility, and muscular strength and endurance. A specific exercise plan will be given to the participant based on needs and interests and your recommendations. All exercise programs include warm-up, exercise at target heart rate, and cool-down (except for muscular strength and endurance training, in which target heart rate is not a factor). The programs may involve walking, jogging, swimming, or cycling (outdoor or stationary); participation in exercise fitness, rhythmic aerobic exercise, or choreographed fitness classes; or calisthenics or strength training. All programs are designed to place a gradually increasing workload on the body in order to improve overall fitness and muscular strength. The rate of progression is regulated by exercise target heart rate and/or perceived effort of exercise.

In both the fitness testing and exercise programs the reaction of the cardiorespiratory system cannot be predicted with complete accuracy. There is a risk of certain changes that might occur during or following exercise. These changes might include abnormalities of blood pressure and/or heart rate. YMCA exercise instructors are certified in CPR and emergency procedures are posted in the exercise facility.

In addition to your medical approval and recommendations, the participant will be asked to sign consent forms that explain the risks of fitness testing and exercise participation before the programs are initiated.