



# Personal Trainer Request Form

## Registration Process

Step 1. Register online or in person at the Fitness Centre of your choice.

Step 2. Fill out a Personal Trainer Request Form

Step 3. Fill out the applicable Par-Q Form

Step 4. Email your forms to [pbpersonaltraining@vancouver.ca](mailto:pbpersonaltraining@vancouver.ca) or submit your forms to the fitness centre at which you would like to train. Once your forms have been submitted you will be contacted within 3 business days. Training can take place any time during fitness centre operating hours based on trainer availability. The referral process will not begin until your forms are submitted and payment received.

Date:

Name:  Age:

Phone:  Email:

Emergency Contact Name:

Phone:

Trainer preference : Male  Female  None

Trainer Name:

Location I want to train at:

**Scheduling Preference** (Circle if any):

Mon  Tues  Wed  Thurs  Fri  Sat  Sun

**Early Morning**  
(6am-9am)

**Late morning**  
(9am – 12pm)

**Afternoon**  
(12pm-5pm)

**After Work**  
(5pm-8pm)

**Evening**  
(8pm-11pm)

The type of trainer I'm looking for is:

Please fill out attached **PAR-Q+** form.

If you are pregnant please fill out the **PARmed-X for Pregnancy** with your physician.

## Health and Fitness Questionnaire

1. Are you presently involved in a regular exercise program? If yes, please state the duration, frequency, intensity and type of activities.

2. How active do you consider yourself ?

- sedentary  
 lightly active  
 moderately active  
 highly active

comments:

3. How would you describe your nutrition habits?

- good  
 fair  
 poor

comments:

4. How would you characterize your life?

- highly stressful  
 moderately stressful  
 low in stress

comments:

5. Please rate your knowledge of exercise and fitness.

- good  
 fair  
 poor

comments:

6. What type of activities/exercises do you enjoy doing?

7. What activities would you like to learn?

8. Please check 1-3 fitness goals:

- improve cardiovascular fitness
- improve muscular strength
- increase flexibility
- improve muscular endurance
- sport-specific training
- weight control/body composition
- injury prevention
- injury rehabilitation

9. Please provide details of your fitness goals:

# Vancouver Park Board Consent & Release

I, (name)  age

of (address)

acknowledge as follows:

1. I have applied to participate in;  
A prescribed exercise program (check here)   
offered by the Vancouver Board of Parks & Recreation.
  
2. I have completed the "Physical Activity Readiness Questionnaire (PAR-Q+)" and
  - a. Have truthfully answered all questions with a "No" (check here)
  - OR
  - b. have answered one or more follow up questions with "Yes" (check here),   
and I am attaching to this document a letter from my physician consenting to my participation in the program.
  
3. I have been informed and fully understand that participation in the program may involve certain risks to me and I agree to accept those risks.

I therefore give my consent to the Board of Parks and Recreation and its employees and authorized agents to perform the following procedures:

- a. Anthropometric measurements: girth and skinfolds
- b. Cardiorespiratory tests
- c. Flexibility tests
- d. Strength and muscular endurance
- e. Other – please specify

I waive any and all claims against the City of Vancouver, the Board of Parks and Recreation, and their employees and authorized agents and release and discharge them, their successors and assigns, from any and all actions, causes of action, claims and demands which may arise in consequence of my participation in the Fitness Centre program irrespective of whether my death or injuries to me resulted from negligence by the aforesaid parties. This waiver and release is binding on my estate and my heirs.

Signed in Vancouver, BC this  day of  20

**Signature**

**Witness**

Signature also of parent or guardian, if client is under 18 yrs

## Personal Training Information

Below is information about our services and can also be found on your receipt.  
Please read and sign below.

### PLEASE NOTE:

- Admission to the fitness centre is included during sessions with your trainer.
- There is a 6 month limit to your training session package. To get the best results, meet with your trainer regularly.
- There is a 24 hour cancellation policy and you may be charged for missed sessions. One client attending a Semi-private workout is a completed workout session. Contact your trainer directly for: late arrival, cancellations, schedule change, etc.  
**PLEASE DO NOT LEAVE MESSAGES AT THE COMMUNITY CENTRE OR FITNESS CENTRE.**
- If there is a medical emergency or extended periods that you will be absent, initiate a refund or extension for your remaining sessions with the fitness programmer as soon as possible.
- Wear appropriate workout clothing such as shorts, t-shirt and proper athletic shoes. Bring a water bottle and a sweat towel.
- Vancouver Park Board, community centre and its agents/employees are not responsible for lost or stolen items.

I have read and agree to the information above.

SIGNATURE:

Please return these completed forms and your PAR-Q+ form to the front office.

Your request will be processed as soon as possible. Thank you.

