

Spruce Aquatic Centre Therapeutic Pool and Fitness Room Health Intake Form

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If you have answered <u>YES</u> to any one of these questions, we recommend you consult your doctor before participating in and exercise program.

I acknowledge and verify that the above information is accurate. In the event that any of the above information changes, I understand that it is my responsibility to inform the instructor and that it is recommended that a new form be completed. This form is also required to be renewed every 12 months.

I understand that there is an element of risk involved in any fitness class. I understand that participation in Spruce Lodge's Therapeutic pool and/or Exercise/Wellness programs is done so at one's own risk, understanding that no medical assessment has been performed to determine suitability of programming. I understand that the staff members are not held responsible for any damages or injury caused to myself or property no matter how such damage occurs.

I authorize communication with my emergency contacts as necessary. I understand that it is Spruce Lodge's responsibility to call 911 if they deem there is an emergency. I understand that if an ambulance is called, I will be responsible to pay any fee charged. I acknowledge that the pool temperature is typically maintained between a range of 89-91 degrees Fahrenheit (31–33 degrees Celsius), a temperature that is higher than most public and private pools.

These factors could lead to possible skin irritation, dizziness, headache and or a spike in blood pressure.

I recognize the use of the therapy pool facilities requires some physical exertion, which may be strenuous and may aggravate any pre-existing health condition. I am fully aware of the risks and hazards involved.

I will use the equipment in the fitness room according to the guidelines labeled or indicated by signage.

Name (Print): Date:

Signature:

If you have any questions, concerns or comments please contact: Janine Hamilton, Support Services Manager, 519-271-4090 ext. 2212 Tamara Colaizzi, Pool Coordinator, 519-271-4090 ext. 2282