



# AJAX BOXING CLUB

## NEW MEMBER INTAKE FORM AND WAIVER

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

GUARDIAN (18 AND YOUNGER): \_\_\_\_\_

CELL #: \_\_\_\_\_ HOME#: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

OCCUPATION: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

EMERGENCY CONTACT 1: \_\_\_\_\_

EMERGENCY CONTACT 2: \_\_\_\_\_

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### LIFESTYLE

HOW DID YOU FIND OUT ABOUT US?

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ARE YOU CURRENTLY EXERCISING ?    YES    NO

HAVE YOU EXERCISED IN THE PAST?    YES    NO

IF PAST EXERCISER, REASON FOR STOPPING:

\_\_\_\_\_

HAVE YOU EVER PARTICIPATED IN A HIGH IMPACT CARDIO CLASS OR BOXING CLASS BEFORE:    YES    NO

## HEALTH HISTORY

DO YOU HAVE ANY CURRENT MEDICAL CONDITIONS THAT WOULD AFFECT YOUR ABILITY TO EXERCISE? YES NO

HAVE YOU CONSULTED A PHYSICIAN REGARDING STARTING AN EXERCISE PROGRAM? YES NO  
(WE RECOMMEND EVERYONE CONSULT THEIR PHYSICIAN REGARDING THEIR EXERCISE PROGRAM)

ARE YOU CURRENTLY TAKING ANY MEDICATIONS OR HAD ANY SURGERY THAT WOULD AFFECT YOUR ABILITY TO EXERCISE? YES NO

DO YOU HAVE ANY ASTHMA OR ALLERGIES? ( NOT REQUIRED BUT ADVISED) PLEASE LIST BELOW:

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DO YOU CARRY ANY MEDICATIONS YOU MAY NEED DURING CLASS (NOT REQUIRED BUT ADVISED) IE. ASTHMA INHALER, EPI PEN, NITRO-GLYCERINE SPRAY, ASPIRIN, ETC. PLEASE LIST BELOW:

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PLEASE INITIAL:

\_\_\_\_\_ I HAVE NEVER BEEN ADVISED BY MY DOCTOR THAT I SHOULD NOT ENGAGE IN PHYSICAL ACTIVITY

\_\_\_\_\_ I WILL WORK TO MY PHYSICAL CAPABILITY AND TAKE BREAKS AND WATER WHEN NEEDED.

\_\_\_\_\_ I WILL ENSURE I ARRIVE WITH PROPER HYDRATION AND NUTRITION PRIOR TO MY CLASS.

\_\_\_\_\_ I WILL REPORT TO A COACH OR VOLUNTEER AND SIT IN THE OFFICE IN THE EVENT OF AN INJURY OR IF I FEEL UNWELL.

\_\_\_\_\_ I UNDERSTAND THAT THAT UNDER CANADIAN LAW MY PRIVACY WILL BE RECOGNIZED AND REMAIN CONFIDENTIAL OF THE AJAX BOXING CLUB AND IS INFORMATION THAT WOULD ONLY BE USED DURING A MEDICAL EMERGENCY.

Liability Waiver: The undersigned acknowledges all workouts and/or exercises performed at the Ajax Boxing Club and its affiliates shall be at his or her own risk and hereby releases and discharges the Ajax Boxing Club, it's owner(s), officers, directors, agents, franchises, franchisor or employees and volunteers from any liability, claims, demands, injury, damage action or cause of action whatsoever, which may result from the use of services or facilities of the Ajax Boxing Club on the premises of the Ajax Community Centre where the same or any and all acts of the Ajax Boxing Club, it's owner(s), officers, directors, agents, franchises, franchisor or employees and volunteers, may be rendered or carried out pursuant to this Agreement.

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SIGNATURE

CLUB ASSOCIATE