

Workshop/Activity Waiver & PAR-Q

ELEVAT8 – 8 Week Program: Coaching to Mentally and Physically Succeed

Start Date: 26 September 2022

End Date: 28 November 2022

Day/Time: Mondays 6.30pm - 8.00pm

Duration: 8 weeks – up to 90mins per session

Location: Leisure & Activity Centre (177 Upper Park Drive, Amherstview, ON)

Age limit: 14+

Waiver (Required to Participate)

I understand that there are risks involved in any activity, event, workshop or program and I acknowledge that my choice to participate or register my children in the above-mentioned activity, event, workshop or program, brings with it the assumption by me of those risks. I am aware of no physical or other reason why the named person on this form should not participate in this program or activities. I do hereby release **New Bucket Coaching (Gordon Robinson) and Enhanced Direction Coaching (Greg Moss)**, it's employees, partners, associates and agents from any claim whatsoever arising from my participation or from my children's participation in any program, activity, event, workshop or services in any facility or location where the programs, activities, event, workshop or services are held.

PAR-Q+ (Required to Participate)

The Physical Activity Readiness Questionnaire for Everyone (PAR-Q+) is a form to see if you should check with your doctor before becoming much more physically active.

Please click on the link below to get access to the online survey that contains the latest consensus panel approved online Physical Activity Readiness Questionnaire for Everyone (PAR-Q+). This application will open up in a new window and will update every time you click this link.

Please follow the advice of the survey and if advised to, please check with a doctor, another health care practitioner who is licensed to diagnose, or a qualified exercise professional before you start becoming much more physically active.

Take the PAR-Q+ Survey NOW The New PAR-Q+ and ePARmed-X+: OFFICIAL WEBSITE | Enhancing the clearance for physical activity and exercise participation for everyone! (eparmedx.com)

I acknowledge and will complete the survey to participate in the above-named activity, event, workshop or program and will take all follow all advice for my health and care before participating.

[Take the PAR-Q+ Survey NOW](#)

By signing below, I acknowledge and agree to all requirements of the **Waiver and PAR-Q+**.

Participant Name: _____

Sponsor (Parent/Legal Guardian) Name: _____

Date: _____

Certified Professional Core Energy Coaches: Greg Moss & Gordon Robinson

Workshop/Activity Waiver & PAR-Q

Signature: _____

Photo Release (Optional)

I give my permission to **New Bucket Coaching (Gordon Robinson) and Enhanced Direction Coaching (Greg Moss)** to use any photographs/videos of myself/any child(ren) participating in the above-named program for promotional purposes.

Participant Name: _____

Sponsor (Parent/Legal Guardian) Name: _____

Date: _____

Signature: _____