

For office use only  
FID:  
SID:

# ADULT REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

City: \_\_\_\_\_ Email address: \_\_\_\_\_

Home #: \_\_\_\_\_ Cell #: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Do you or have you had a child/children enrolled in classes at ViBE? (please circle)    Yes    No

If “yes”, please list the first AND last names of your child/children below:

\_\_\_\_\_

In order to participate in Adult Classes at ViBE, you must complete the Par-Q on the back of this page.

**Medical Information:** (Please describe any allergies, injuries, and/or medical conditions, etc.)

\_\_\_\_\_

\_\_\_\_\_

I acknowledge that there is a risk of injury involved in the activity for which I am registering. I hereby accept the risk and release ViBE Studio Productions Inc. from all claims of any kind that may arise. I hereby allow ViBE Studio Productions Inc. to use photos/images for promotional use at any time.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

# PAR-Q

## (Physical Activity Readiness Questionnaire)

Regular physical activity is fun and healthy, and increasingly more people are starting to exercise, specifically including dance and fitness into their lives. Completion of this questionnaire is the first step in planning to increase the amount of physical activity in your life. If you are between the ages of 18 and 69, the PAR-Q will determine if it is safe for you to begin an exercise program or if you need to consult with your doctor for permission.

### What is the “PAR-Q”?

The Par-Q (the Physical Activity Readiness Questionnaire) is recommended as a minimal standard for entry into low to moderate intensity exercise programs. It is designed to identify any adults for whom physical activity might be inappropriate or for those who require have medical advice determining the most suitable type of activity.

Please use common sense and honesty when answering the following questions:

Question	YES	NO
Do you have a heart condition and has physical activity been recommended to you by a doctor?		
Do you feel pain in your chest when you do physical activity?		
In the past month, have you had chest pain when you were not doing physical activity?		
Do you lose your balance because of dizziness or do you ever lose consciousness?		
Do you have a bone or joint problem that could be made worse by physical activity?		
Is your doctor currently prescribing drugs for blood pressure or any heart condition?		
Do you know of any other reason why you should not do physical activity?		

If you answered YES to one or more questions you should:

- Talk with your doctor **BEFORE** you become more physically active.
- Discuss the **PAR-Q** with your doctor to determine the kind of activities in which you can participate.
- You may need to restrict your activities to those that are safe for you and build up gradually.

If you answered “NO” to all PAR-Q questions, you can be reasonably sure that you are able to start becoming physically active. To ensure safety, be sure to begin slowly and build up gradually. Enjoy the fun and effective dance and fitness classes offered at ViBE!

*Thank you for taking the time to complete this form.*

<b>FOR OFFICE USE ONLY</b>	
First class taken: _____	Date: _____