

Gold Hill Branch YMCA

Medical Questionnaire

If you are planning to become more physically active than you are now, start by answering the seven questions below. If you are between the ages of 10 and 70, this questionnaire will tell you if you should check with your doctor before you start. If you are 70 years of age or older and you are not used to being active, please check with your doctor before starting this program.

Please read the questions carefully and answer each one honestly. Check yes or no.

- | YES | NO | |
|-------|-------|--|
| _____ | _____ | (1) Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? |
| _____ | _____ | (2) Do you feel pain in your chest when you do physical activity? |
| _____ | _____ | (3) In the past month, have you had chest pain when you were not doing physical activity? |
| _____ | _____ | (4) Do you lose your balance because of dizziness or do you ever lose consciousness? |
| _____ | _____ | (5) Do you have a bone or joint problem that could be made worse by a change in your physical activity? |
| _____ | _____ | (6) Is your doctor currently prescribing drugs (ie, water pills) for your blood pressure or heart condition? |
| _____ | _____ | (7) Do you know of any other reasons why you should not do any physical activity? If so, please explain: _____ |

If you checked yes to any of the above questions, please consult a YMCA staff member about options available to meet your needs.

I have read, completed, and understand this questionnaire. Any questions I had were answered to my full satisfaction.

Print Name _____ Date _____

Signature _____

Signature of Parent or Guardian _____

YMCA Staff Signature _____ Date _____

Thank you and welcome to the Gold Hill Branch YMCA!

YMCA: We build strong kids, strong families, strong communities.

Gold Hill Branch YMCA

Assumption of Risk and Release

It is agreed and understood that all activities, exercise, use of equipment and facilities shall be undertaken by the members at their sole risk, and center shall not be liable for any claims, demands, injuries, damages, actions, or causes of action which arise wholly or partially due to the negligence of the organization which owns the center and any services which are affiliated with the center. It is understood and expressly agreed that this release of liability does also apply to all persons receiving memberships as the result of couple, family membership, or corporate affiliation agreement. Persons signing this contract are acting on behalf of and/or guardian or parent of all persons included under the family or couple membership contract. In addition, it is understood and expressly agreed that this release of liability does also apply to all persons receiving membership as a result of a corporate membership contract.

Members forever expressly release, indemnify, and hold harmless Gold Hill Branch YMCA and their respective agents, servants, and employees for any liability whatsoever. All members are encouraged to have a physical examination by a doctor prior to beginning any programs of strenuous new activity. Upon application for membership, members affirm that their state of health permits them to participate in Gold Hill Branch YMCA activities. Member agrees to abide by all rules and regulations, to use good personal healthy judgments, and to practice safety skills at all times while on YMCA property.

WARNING: If you have a history of heart disease or disease subject to aggravation by exercise, you should contact a physician before purchasing a membership and joining Gold Hill Branch YMCA.

Print Name _____ Date _____

Signature _____

Signature of Parent or Guardian _____

YMCA Staff Signature _____ Date _____