

**Canine Strong
Concord, NH**

CANINE PERSONAL FITNESS | TRAINING PROGRAM | INFORMED CONSENT

****By submitting this form I have read and agree to the terms and the conditions below.****

PROGRAM OBJECTIVES

Personal Training: I understand that my dog's physical fitness program is individually tailored to meet the goals and objectives agreed upon by my dog's personal Fitness Coach and me.

Group Training: I understand that the canine physical fitness program is designed to accommodate multiple dogs with varying goals and fitness levels.

DESCRIPTION OF THE EXERCISE/CONDITIONING PROGRAM

I understand that my dog's exercise program will involve participation in a number of types of fitness activities. These activities will vary depending upon the objectives that my dog's personal trainer and I establish. Activities may include: 1) aerobic activities including, but not limited to, the use of treadmills; 2) muscular endurance and strength building exercises including, but not limited to, the use of weights, resistance bands, calisthenics, and exercise equipment; 3) other activities selected by my canine personal fitness trainer and agreed upon by me; and 4) selected physical fitness and body composition assessments.

DESCRIPTION OF POTENTIAL RISKS

I understand that no exercise program is without inherent risks regardless of the care taken by a canine personal trainer and that my dog's personal safety cannot be guaranteed. I realize that when my dog is participating in any exercises, particularly those that induce cardiovascular stress, there is a slight chance of serious injury (e.g. cardiovascular accident) or catastrophic incident (e.g., death, paralysis). Likewise, I know that engaging in muscular endurance, strength building, and other fitness activities sometimes results in minor injuries (e.g., bruises, musculoskeletal strains and sprains), or less frequently, more serious injuries (e.g., muscle tears, herniated disks), and rarely, catastrophic injury (e.g., death, paralysis).

DESCRIPTION OF POTENTIAL BENEFITS

I understand that a regular canine fitness and conditioning program has been shown to have definite benefits for Canine Total Health. I know that some of the benefits can include weight reduction (if needed), reduction of body fat, improvement of cardiovascular function, improved strength and muscular endurance, improved posture, speed, quickness, proprioception, power, balance and flexibility.

PARTICIPANT RESPONSIBILITIES

I understand that it is my responsibility to 1) fully disclose any of my dog's health issues or medications that are relevant to participation in a strenuous exercise program; 2) have my dog cease exercise and report promptly any unusual feelings (e.g., difficulty breathing, apparent injury, lameness, refusal to eat or work) during the exercise program; and 3) clear my dog's participation in any canine fitness activity with my veterinarian.

PARTICIPANT ACKNOWLEDGEMENTS

In agreeing to this canine personal fitness program:

- I acknowledge that my dog's participation is by my decision
- I understand the potential physical risks involved in participating in an exercise program and believe that the potential benefits outweigh those risks.
- I give consent to certain physical touching that may be necessary to ensure proper technique and body posture.
- I understand that the achievement of health and/or fitness goals cannot be guaranteed.
- I have had a voice in planning and approving the activities selected for my dog's training/exercise conditioning program.
- I have been able to ask questions regarding any concerns I might have, and have had those questions answered to my satisfaction.
- My dog is in good and healthy physical condition, has no impairment which might prevent participation in such activities, and I have been advised to consult with a veterinarian prior to beginning this program.
- I have been advised to have my dog cease activity immediately if I see that my dog is experiencing unusual discomfort and or if I feel the need to have my dog stop the program.

I have read and understand the above agreement; I have been able to ask questions regarding any concerns I might have; I have had those questions answered to my satisfaction; and I am freely acknowledging this agreement.

Media Release

I hereby consent to use of my and/or my dog's photography, videography, likeness or voice on the Internet, or on any other electronic/digital/print media. I agree to release and hold harmless (Canine Strong) and FitPAWS® (Ball Dynamics International, LLC) from and against any and all claims, demands, actions, complaints, suits or other forms of liability that shall arise out of or by reason of, or be caused by such use of my or my dog's photograph, likeness or voice. It is further understood and I do agree that no monies or other consideration in any form, including reimbursement for any expenses incurred by me, will become due to me, my heirs, agents, or assigns at any time because of my and/or my dog's participation in any of the above activities or the above-described use of my or my dog's photography, videography, likeness or voice.

****By submitting this form I have read and agree to the terms and the conditions above.****

Your Signature

Date

Print Your Name

Your Dog's Name

