

# CrossFit Bunbury

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## Health and Fitness History

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

Phone Number \_\_\_\_\_ Email address \_\_\_\_\_

Emergency Contact Name & Number \_\_\_\_\_

<i>Please tick Yes or No</i>	YES	NO	<i>Please tick Yes or No</i>	YES	NO
Have you ever had any form of heart disease?			Do you have high blood pressure?		
Have you ever experienced shortness of breath or chest pains?			Do you have any neck/shoulder problems?		
Do you have a family history of heart disease?			Do you have diabetes?		
Do you have knee problems?			Do you have any current injuries?		
Do you have back problems?			Do you have any allergies?		
Do you have hip/pelvis problems?			Are you currently taking any medication?		
Do you ever get dizzy?			Is there any reason you should not participate in exercise?		

**If you have answered yes to any of these questions, please explain below.**

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**Safety First!** High intensity exercise must be approached cautiously in the beginning. A gradual ramp up of intensity is necessary to allow muscle cells to adapt to new demands being placed upon them. Failure to do so places you at risk to a life threatening condition known as, 'Rhabdomyolysis'. In short this means muscle cells are damaged flooding the blood stream with toxins that can overwhelm the kidneys as they attempt to cleanse the blood, leading to their potential shutdown. Crossfit can cause Rhabdomyolysis. It is important that you start at reduced intensity. Brown urine, complete muscle weakness and/or swelling of the joints are warning signs. If you develop these symptoms seek medical assistance immediately. **Initial** \_\_\_\_\_

**Waiver:** I do hereby state that the above information is true and completed to the best of my knowledge and that I will not hold CrossFit Bunbury or any employee liable for any mishaps or injuries (physical or otherwise) arising from my training. I am aware of the risks associated with CrossFit and I acknowledge that my choice to participate in training sessions is my complete personal responsibility, and such participation is at my own risk. On behalf of myself and all others in legal relationship with me, I hereby release CrossFit Bunbury and all affiliates, from any and all liability for any injury, either emotional or physical, which may occur to me while I am a client or as a result of using any information or instructions I receive from them or any CrossFit Bunbury affiliates. I declare that I have read, and understood and agreed to the contents of this waiver in its entirety. **Initial** \_\_\_\_\_

**Photo Permission:** I give CrossFit Bunbury permission to take my photograph/video footage to be used on any of their Social Media Pages (Facebook, Instagram, Twitter) as well as any other form of advertising material (Website, Print, flyer etc). I understand that it is my responsibility to advise CrossFit Bunbury if I do not want my photograph taken and used for this purpose. CrossFit Bunbury will not need to seek further permission to use any photographs taken. **Initial** \_\_\_\_\_

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

Signature: \_\_\_\_\_