



MPHPT ONLINE WOKROUT APPLICATION FORM

NAME: _____

ADDRESS:

CONTACT NUMBER: _____

EMAIL: _____

EMERGENCY CONTACT: _____

INJURY HISTORY:

PLEASE LIST SPORTING INJURIES INCURRED OVER THE PAST TWO YEARS:

<u>INJURY</u>	<u>MONTH & YEAR INCURRED</u>

MEDICAL HISTORY:

PLEASE LIST ANY MEDICAL ILLNESS/SURGERIES YOU ARE CURRENTLY DEALING/DEALT WITH IN PAST TWO YEARS:

<u>ILLNESS/SURGERY</u>	<u>MONTH & YEAR INCURRED</u>

ALLERGY HISTORY:

PLEASE LIST ANY ALLERGIES, INCLUSIVE OF MEDICATION:

<u>ALLERGY</u>

By signing this, I _____ pledge that the information provided above is accurate and reliable.

SIGNATURE:

DATE:

RULES AND REGULATIONS FOR MP HIGH PERFORMANCE ONLINE **TRAINING**

General Information

- Workouts will be completed remotely with programs sent via text messaging
- Where applicable, a coach will sign in via video chat to facilitate workouts. Individuals selecting this option would be made given instructions to such.

Dress Code

- Comfortable workout clothing should be worn
- A yoga mat is strongly advised

Food and Drink

- Please ensure you ate at least one hr before the scheduled workout
- Have water handy

Etiquette and Behaviour

- Athletes are requested to show courtesy and to respect the rights and integrity of other campers
- Athletes are requested to refrain from shouting and other boisterous, dangerous or aggressive behaviour.

Safety and Liability

- Individuals are expected to choose safe workout spaces to complete their program
- All instructions should be followed regarding proper exercise techniques, appropriate load and intensity.
- Any deviation to instructions issued by MPHPT, MPHPT will not be held liable.

Payments

- Advance payment must be made for the package chosen via online payment, or via direct deposit to account.
- Proof of payment must be sent via whatsapp

- Account name: MP High Performance Training
Account number: 2426169
Bank: First Citizen's Bank

By signing this, I _____ agree to the stipulations laid out by MP High Performance Training.

Signature

Date
