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## Protocol for Client Training Sessions

⌘ Clients are expected to arrive 15 minutes prior to their scheduled start time for an individual warm-up. We expect our clients to effectively warm themselves up in preparation for their workout. Not only will this improve our client's flexibility but also greatly reduced the risk of any form of training injury. If we are to continue putting our clients through a rigorous exercise program, we must have safety in mind while doing so. This 15-minute warm-up will be separate from the scheduled session and is free of charge. If a client shows up late, they will still be asked to take 15 minutes to warm up and therefore will have less time to train during their session.

⌘ Clients are also expected to stretch for 5 minutes after their workout. This can be done during the allotted training time or after the session. It is necessary that each client stretch under the instruction or in view of one of the trainers, so we can be sure the client is properly and effectively stretching.

I acknowledge that I have carefully read and understand the Protocol for Client Training Sessions regarding warm-ups and stretching.

I knowingly and voluntarily assume all risks of personal injury or illness in connection with the Sports Performance Center at Mary Lou Corcoran Physical & Aquatic Therapy, which may result from my refusal to warm-up and stretch.

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**Client's signature**

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**Client's printed name**

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**Date**