



Informed consent

Informed consent form for exercise prescription

Programme objectives and procedures

We understand that the purpose of the Pilates session is to provide safe and effective exercise to improve health and fitness. Exercises may include:

- Warm up activities involving gentle cardiovascular activities such as walking, jogging, jumping, lunging and turning (this could involve a variety of age appropriate accessories).
- Muscular strength and endurance activities using body weight. Motor fitness skills such as balance, coordination and flexibility (this could involve a variety of age appropriate accessories).
- Cool down and developmental flexibility exercises to improve movement around the joints and range of motion
- One of the purposes of the Pilates class is to correct body posture; therefore, while performing the class the instructor may have direct contact with children to allow them to better understand how to perform the movement.

Potential risks

It is important that the children listen to and follow the rules/instructions for each activity in order to minimise risk of injury and maximise enjoyment.

The exercise/physical activity session is designed to place a gradually increasing workload on the cardiovascular and muscular systems and thereby improve their function. The reaction of the cardiovascular and muscular system to such exercise cannot always be predicted with complete accuracy. There is a risk of certain changes that might occur during or following the exercise. These changes could relate to blood pressure or heart rate and how the muscles feel.

Potential benefits

We understand that a programme of regular exercise has been shown to be beneficial. Some of these benefits include:

- A decrease in risk of heart disease
- A decrease in body fat
- Improved blood pressure
- Improvement in psychological function (including self-esteem)
- Improvement in aerobic fitness

The Pilates session has been explained to me and my child and our questions regarding the session have been answered to our satisfaction. We understand that we are free to withdraw at any time. The information obtained will be treated as private and confidential.

Parent / guardian Signature:

Print Name:

Date:

Child Signature:

Print Name:

Date:

Child (2) Signature:

Print Name:

Date:
