



Please check Vigour session that applies:

- Vigour – Winter Session – Jan 4 – March 11, 2021
- Vigour – Spring Session – April 6 – June 11, 2021
- Vigour – Summer Session – July 5 – Aug 27, 2021
- Vigour – Fall Session – Sept 13 – Nov. 19, 2021

**Informed Consent of Physiological Assessments**

In order to assess physiological function(s) the following test will be performed:

**Anthropometry Measurements** – Height, Weight, Wingspan

**Anaerobic Function** – Short duration explosive power via 40 m sprint & vertical jump & T-Test will be assessed. These tests require high intensity/maximal short duration exertion to determine peak power and anaerobic capacity and agility

**Aerobic Capacity** – Maximal aerobic output will be assessed via the Beep Test.

**Strength** - Max Upper Body Strength via Maximum Push Ups Test

- Tests will be administered by qualified personnel.
- Results will be treated in a confidential manner and used only to describe group responses in any published work. Each individual’s results will be given to them and the coaching staff.
- While it is highly unlikely that a participant should be injured or taken ill during a testing session, testing personnel are trained in emergency procedures.
- All testing activity will be completed in the vicinity of medical and/or paramedical assistance.
- The maximal exercise loads imposed will not exceed those that might be expected of an athlete during sports performance.

I have read the above and agree to participate in this fitness appraisal at my own risk. I regularly take part in strenuous physical activity at least as intense as these tests. I realize that I may expect a thorough explanation and/or demonstration of any procedures and that I may terminate my participation at any time. I also realize that if any change occurs in my health during the season that may place me at risk by performing this test, I will inform the testers and coaches beforehand.

Having voluntarily assumed participation and the risks thereof, in the fitness assessment, I hereby disclaim and release Engage Sport North, its agents, servants or employees, including all personnel involved in the fitness appraisal, from any and all liability that might otherwise arise as a result of my participation as a subject in this fitness appraisal. (NOTE: Guardian signature/date needed if Athlete is under 18 years of age)

**PLEASE NOTIFY LAB STAFF OF ANY MEDICAL ISSUES WHICH HAVE NOT BEEN IDENTIFIED ON THE PAR-Q:** \_\_\_\_\_

**ATHLETE’S NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**ATHLETE’S SIGNATURE:** \_\_\_\_\_

**WITNESS NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**WITNESS SIGNATURE:** \_\_\_\_\_

I, the undersigned guardian, am guardian of the intended subject. I have discussed the experimentation with the subject and have read the material supplied by the experimenters. I agree on behalf of the subject to permit his/her participation on the terms and subject to the waiver and release of Engage Sport North herein before set out.

**GUARDIAN'S NAME (If Athlete under 18 years of age):** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**GUARDIANS SIGNATURE:** \_\_\_\_\_