



CLIENT REGISTRATION FORM

Full Name: _____

Mobile Number: _____

Residential area: _____

E-Mail Address: _____

Date of Birth: _____

How did you hear about SURFSET Fitness?

- Friend: _____
- Magazine: _____
- Newspaper: _____
- Flyers
- Google Ads
- Others: _____

- Social Media:
- Instagram
- Facebook
- Blogs
- Youtube
- Others

SURFSET Readiness Questionnaire

Moderate or vigorous exercise should not be a hazard for most people, providing it is undertaken as part of a regular program, starting from low intensity and progressing gradually. However, some people will need medical evaluation before starting a program and may only be able to undertake restricted physical activity under medical supervision.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activities recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (e.g. back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (e.g. water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Are you pregnant?
<input type="checkbox"/>	<input type="checkbox"/>	8. Are you aged over 50?
<input type="checkbox"/>	<input type="checkbox"/>	9. Do you know of any other reason (e.g. other medical condition) why you should not do physical activity?

If you answered NO honestly to all the questions, it is reasonable for you to assume that you are in a suitable physical condition to start a regular graduated exercise program.

If you answered YES to one or more questions, you are advised to consult your doctor prior to participating in any exercise program.

I HAVE READ, UNDERSTOOD AND COMPLETED THIS QUESTIONNAIRE. ANY QUESTIONS I HAD WERE ANSWERED TO MY FULL SATISFACTION.

SIGNATURE: _____

DATE: _____

SIGNATURE OF PARENT OR GUARDIAN : _____

(for participants under the age of 18)

TERMS and CONDITIONS

1. As courtesy to your instructor and other clients who want to join our classes, please inform us at least 24 hours in advance if you need to cancel a booking.
2. Late cancellations (less than 12 hours notice) will be charged at a full session price.
3. Classes need a minimum of 2 registered participants to run. Classes without the required number of participants will be cancelled 12 hours before class start time. (However, you can call us as late as 30 minutes before a scheduled class time to find out if there is a board available for you.)
4. All classes start on time. Please arrive at least 5 minutes early to get changed and prepare for your session.
5. Studio reserves the right to reject participants who are more than 10 minutes late. If you are the only participant and are more than 10 minutes late; or if all participants for a session are more than 10 minutes late, studio reserves the right to cancel the class.
6. Participants who are late will still be charged for the full session.
7. All sessions must be paid in advance and are non-transferable and non-refundable.
8. Sessions must be used within the validity period stated.

RELEASE OF LIABILITY

READ CAREFULLY – THIS AFFECTS YOUR LEGAL RIGHTS

In exchange for participation in the SURFSET Fitness workout program organised by SURFSET Fitness, and/or use of the property, facilities, equipment and services of SURFSET fitness, I agree for myself to the following:

1. I agree to observe and obey all posted rules and warnings, and further agree to follow any oral instructions of directions given by SURFSET Fitness, or the employees, agents or representatives of SURFSET Fitness.
2. I recognise that there are certain inherent risks associated with the above described activity and I assume full responsibility for personal injury to myself, and further release and discharge SURFSET Fitness & Surfset Fitness Inc for injury, loss or damage arising from my use of or presence upon the property and facilities of SURFSET Fitness, whether caused by the fault of myself, SURFSET Fitness, or other third parties.
3. I agree to indemnify and defend SURFSET Fitness & SURFSET Fitness Inc against all claims, causes of actions, damages, judgments, costs or expenses, including attorney fees and other litigation costs, which may in any way arise from my use of or presence upon the equipment or facilities of SURFSET Fitness.
4. I agree to pay for all damages to the property of SURFSET Fitness caused by my negligent, reckless or willful actions.
5. You accept that SURFSET Fitness reserves the right to refuse your participation in our activities, and/or using our facilities.
6. Any legal or equitable claim that may arise from my participation in a SURFSET Fitness workout program organised by SURFSET Fitness shall be resolved under Singapore law.

I HAVE READ THIS DOCUMENT AND UNDERSTAND IT. I FURTHER UNDERSTAND THAT BY SIGNING THIS RELEASE, I VOLUNTARILY SURRENDER CERTAIN LEGAL RIGHTS.

SIGNATURE: _____ DATE: _____

SIGNATURE OF PARENT OR GUARDIAN : _____
(for participants under the age of 18)