

FITNESS 4 BLOKES

Informed Consent Form

Thankyou for your interest in FITNESS 4 BLOKES. The benefits of exercising are widely known and exercising together as a group of men can help you stay motivated and make exercise a regular part of your life for the rest of your life.

Fitness 4 Blokes is a community service provided to men between the ages of 18 -55 on a non-commercial basis, led by volunteers from the Berwick Anglican Church.

Whilst there are no costs to participate in the group, participants are asked to purchase their own boxing gloves and focus pads and meet the costs associated with the occasional fitness road trip to a martial arts gym, etc.

Unlike commercial fitness operations such as Gyms or the use of personal trainers, you will not be professionally supervised when performing exercises, as the instructor also participates in the exercises himself. However, instructions on how to perform the exercises are always provided. The instructor provides this service on a voluntary basis as an expression of Christian service and does not currently work in the fitness industry. However, he is university trained (B.App.Sci, Human Movement) and is an experienced kickboxing instructor, fitness instructor and certified PUNCHFIT® trainer.

The types of exercises and activities most commonly performed are detailed below:

Boxing/Kicking Focus Pad Drills

This involves the use of boxing focus pads, and occasionally the use of kicking pads such as Thai Pads and larger kicking shields. Participants are taught the basic boxing stance and the basic punches, (Jab, cross, hooks, body rips, and uppercuts) and basic kicking techniques (Front kick, Round House kick). Sometimes the use of elbows and knees is incorporated into the pad work also.

Participants partner up and punch and or kick the focus pads, normally for a 2 or 3 minute round, before resting for between 30 to 60 seconds. Several rounds are performed using different combinations. Occasionally running and other body weight exercises may be incorporated into the pad work. For example, the boxing beep test involves punching the pads for 20 punches then shuttle running, then 18 punches, shuttle running, 16 punches, shuttle running, until finishing on 2 punches.

These types of exercises can be very high intensity (anaerobic), particularly if the participant strikes with full power, therefore new participants are encouraged to pace themselves, and concentrate on developing good technique rather than striking with full power. New participants should be mindful of raising their heart rate to high as they regain their fitness and are therefore encouraged to stay within a rating of perceived exertion of between 11 (light) and 13 (Somewhat hard) using the 20 point Borg Rating of Perceived Exertion scale.

Circuit Training

This involves conducting strengthening and cardiovascular exercises for a set period of time (i.e. 1 minute) before moving on to the next exercise station, with a short break in between each exercise (i.e. 10-20 seconds). The exercises may involve using your own body weight (i.e. Push Ups, Squats, Mountain Climbers, etc.) , Kettle bell exercises (i.e. Kettle bell swings, Kettle bell lunges, Kettle bell Snatches, etc.), Dumbbell exercises (i.e. Bicep curls, shoulder press, squats, lunges, etc.) and the use of other equipment such as power ropes, mini trampoline, steps etc. The duration of the circuit may vary from 10 to 40 minutes. Circuits allow participants to work at their own pace and beginners are encouraged to take regular breaks and not feel the need to continue exercising for the whole 60 seconds if they feel exhausted.

Obstacle Racing

Occasionally the group will form a team in popular obstacle races such as Tough Mudder, Spartan Race, Tough Bloke Challenge, etc. These obstacle races, which are also known as Mud Runs, involve running a set distance (i.e. Tough Mudder = 20, Spartan Sprint = 7 km) whilst performing obstacles along the course such as crawling under barb wire, rope climbing, climbing high walls, monkey bar climbing etc.).

Additional midweek training sessions are sometimes organised to prepare for upcoming obstacle races and normally simulate an obstacle race by running for short intervals then performing a strength exercise to simulate an obstacle.

Fitness Road Trips

To keep things fresh and experience different fitness activities, occasionally a trip to a gym such as a Mixed Martial Arts gym or a run at a scenic location is organised. There may be a cost associated with visits to any gyms, etc. These road trips are great fun and are often combined with a breakfast immediately after the workout.

Training Locations

During the colder months, most of the sessions are conducted indoors at the hall of Berwick Anglican Church, however in the warmer months the group try to exercise outdoors as much as possible. This may be on the church property or at a local park or reserve (i.e. Pioneers Park, Berwick, Sweeney Reserve – Narre Warren, Berwick Springs Lake, Lysterfield Lake, etc.)

Training Times

The regular training time is 7 – 8 on Saturday mornings as this time allows fathers to still attend any Saturday morning kids sporting events. However, the times may vary, in particular when on a fitness road trip. Midweek obstacle race preparation sessions times are determined by consensus amongst the guys.

Risks

The risks associated with this fitness group are those associated with any cardiovascular, high intensity interval training (HIIT) and strengthening exercise (i.e. Muscle soreness, light headiness, cramps, vomiting, strains and sprains, overuse injuries, etc.) and are minimal in healthy people.

However, for people with heart and other cardiovascular disorders, musculoskeletal problems or other medical conditions, (i.e. Asthma, Diabetes, etc.), there may be some increased risk in performing the exercises. Therefore, it is very important that you complete the PAR Q (Physical Activity Readiness Questionnaire) before joining the program. Answering yes, to any of the questions on the form, indicates that you need to seek medical approval before increasing your amount of physical activity. However, it is highly recommended that even if you answer no to all questions on the PAR Q form, if you have not had a recent medical check-up, or you have not exercised at a high intensity in recent months, that you still have a check-up with your GP, to be on the safe side.

If you decide to take part in this fitness group, you may withdraw at any time and are under no obligation to attend each week.

We hope you have a great time as part of Fitness 4 Blokes and thank you for considering joining us. The atmosphere created by new members joining the group is always lifted as new friendships are forged.

Please submit completed form to Martin Turner in person before your first session (along with your completed PAR Q or medical approval if required) or scan and email to martin.turner1@optusnet.com.au

Please tick the boxes and sign before participating:

- I have read the above information and are aware of the risks involved in performing the exercises and agree to participate in the fitness group
- I will take full personal responsibility for scaling the exercises appropriate to my fitness level and the advice of my GP.

Participant's Name.....

Participant's Signature.....

Phone Number.....

Date.....