



MCB Quantico Semper Fit Body Composition Program Agreement

Effective: 16 April, 2019

Trainer's Desk / Appointments (703) 432-0593

1. Requests for approval for training under the Body Composition Program must be submitted to a member of Semper Fit training staff with substantiating documentation in the form of a CHIT or BCP Assignment form.
2. Each client is required to complete a health history screening form (PAR-Q) before beginning their fitness assessment. A Medical Clearance form may be required based on PAR-Q results.
3. BCP clients are allotted a maximum of three (3) training sessions per week.
4. In order to remain on Body Composition Program, current BCP documentation must be kept on file and updated by patron every 12 weeks or upon expiration. If documentation is not updated, training will be suspended until it is provided.
5. Clients must cancel appointments 12 hours in advance.
6. Clients with three (3) no-shows or late cancellations will no longer be eligible for the Body Composition Program.
7. Clients are expected to adhere to Fitness Deck policies.
8. Training sessions are one hour in length. Please contact your trainer if you are running late. Trainers will wait 15 minutes for late arrivals. Clients failing to call/show after 15 minutes will forfeit the session as a "no show".
9. If a trainer is late to or must cancel a session, the time will be made up to the client.
10. Understand your health history and physical limitation information may be disclosed to an additional trainer in the case of sharing multiple trainers.
11. BCP clients may have information disclosed to their Command at the request of the Command.

I have read and understand the policies above and have had the opportunity to ask my trainer questions in this regard.

Client name (print)

Date

Client signature

Trainer signature