



**DOG WORKS** Creative K9 Fitness

*Dog Works! Creative K9 Fitness, LLC*

*200 6th/P.O. Box 994*

*Fairplay, CO 80440\*\*\*\*\*719-651-4231*

**CANINE PERSONAL FITNESS | TRAINING PROGRAM | INFORMED CONSENT**  
**Updated 11/2021**

**\*\*By submitting this form I have read and agree to the terms and the conditions below.\*\* MUST BE SIGNED**

**BY EVERYONE PARTICIPATING IN DOG WORKS! CLASSES.**

**PROGRAM OBJECTIVES**

Personal Training: I understand that my dog's physical fitness program is individually tailored to meet the goals and objectives agreed upon by my dog's personal Fitness Coach and me.

Group Training: I understand that the Dog Works Programs are designed to accommodate multiple dogs with varying goals and fitness levels.

**DESCRIPTION OF THE TRAINING/EXERCISE/CONDITIONING PROGRAM**

I understand my dog's exercise program will involve participation in a number of types of Obedience, Agility, and Fitness activities. These activities will vary depending upon the objectives my dog's personal trainer and I establish. Activities may include: 1) aerobic activities including, but not limited to, the use of treadmills; 2) muscular endurance and strength building exercises including, but not limited to, the use of weights, resistance bands, calisthenics, and exercise equipment; 3) other activities selected by my canine personal fitness trainer and agreed upon by me; and 4) selected physical fitness and body assessments, and 5) Obedience exercises. Agility equipment might also be used according to which class I choose for my dog.

**DESCRIPTION OF POTENTIAL RISKS**

I understand that no exercise/training program is without inherent risks regardless of the care taken by a canine personal trainer and that my dog's personal safety cannot be guaranteed. I realize that whenever my dog is participating in any exercises, particularly those that induce cardiovascular stress, there is a slight chance of serious injury (e.g. cardiovascular accident) or catastrophic incident (e.g., death, paralysis). Likewise, I know that engaging in muscular endurance, strength building, and other fitness activities sometimes results in minor injuries (e.g., bruises, musculoskeletal strains and sprains), or less frequently, more serious injuries (e.g., muscle tears, herniated disks), and rarely, catastrophic injury (e.g., death, paralysis). I also realize that multiple dogs and handlers will be working with us and I accept all possible risks involved with contact with other dogs. I take full responsibility for myself, my family, and my dog(s) and anything that might transpire. I accept that Dog Works Creative K9 Fitness, LLC, Marcia McMahon, and family, are not responsible.

**DESCRIPTION OF POTENTIAL BENEFITS**

I understand that a regular canine fitness, obedience, and conditioning program has been shown to have definite benefits for Canine Total Health. I know that some of the benefits can include weight reduction (if needed), reduction of body fat, improvement of cardiovascular function, improved strength and muscular endurance, improved posture, speed, quickness, proprioception, power, balance and flexibility. These programs can also help dogs age better and reduce the need for vet visits.

**PARTICIPANT RESPONSIBILITIES**

I understand that it is my responsibility to 1) fully disclose any of my dog's health issues or medications that are relevant to participation in a strenuous exercise program and any changes in them; 2) stop my dog's exercise and report promptly any unusual findings (e.g., difficulty breathing, apparent injury, lameness, refusal to eat or work) during the exercise program; and 3) have my dog's participation in any canine fitness activity approved by my Veterinarian.

## PARTICIPANT ACKNOWLEDGEMENTS

In agreeing to this canine personal fitness program:

- I acknowledge that it is my decision to involve my dog in this program.
- I understand the potential physical risks involved in participating in an exercise program and believe that the potential benefits outweigh those risks.
- I give consent to specific hands-on work with my dog that may be necessary to ensure proper technique and body posture.
- I understand that the achievement of health and/or fitness goals cannot be guaranteed.
- I have had a voice in planning and approving the activities selected for my dog's training/exercise conditioning program.
- I have been able to ask questions regarding any concerns I might have, and have had those questions answered to my satisfaction.
- My dog is in good and healthy physical condition, has no impairment which might prevent participation in such activities, and I have been advised to consult with a veterinarian prior to beginning this program.
- I have been advised to have my dog cease activity immediately anytime I notice discomfort in my dog and I feel we need to reevaluate.
- My dog is current and will remain current on vaccinations.
- I also understand that if I bring my children to activities at Dog Works Creative K9 Fitness, LLC, I accept full responsibility for them and anything that might occur involving them.

I have read and understand the above agreement; I have been able to ask questions regarding any concerns I might have; I have had those questions answered to my satisfaction; and I am freely acknowledging this agreement.

### Media Release

I hereby consent to use of my dog's and my photography, videography, likeness or voice on the Internet, or on any other electronic/digital/print media. I agree to release and hold harmless Dog Works! Creative K9 Fitness, LLC and Marcia McMahon and FitPAWS® (Ball Dynamics International, LLC) from and against any and all claims, demands, actions, complaints, suits or other forms of liability that shall arise out of or by reason of, or be caused by such use of my dog's and my likeness or voice. It is further understood and I do agree that no monies or other consideration in any form, including reimbursement for any expenses incurred by me, will become due to me, my heirs, agents, or assigns at any time because of my and/or my dog's participation in any of the above activities or the above-described use of my dog's or my photography, videography, likeness or voice.

**\*\*By submitting this form I have read and agree to the terms and the conditions above for myself and for any of my children who also wish to participate.**

\_\_\_\_\_  
Your Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Spouse, etc.

\_\_\_\_\_  
Print Your Name

\_\_\_\_\_  
Parent Signature if under 18

\_\_\_\_\_  
Your Dog's Name



