



## Informed Consent

**Objectives:** I understand that my dog's physical conditioning program is individually tailored to meet the goals and objectives that I and Ann Howie agree on mutually.

**Description of a Conditioning/Fitness Program:** I understand that my dog's conditioning program will involve participating in a number of types of activities. These activities will vary depending on the objectives we establish and may include: a) selected physical fitness and body composition assessments, b) muscular endurance and strength-building exercises, and c) aerobic activities.

**Potential Risks:** I understand that no conditioning program is without inherent risks, regardless of the care taken by a trainer, and that my dog's personal safety cannot be guaranteed. I realize that when 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 conditioning activities sometimes results in minor injuries (e.g., bruises, musculoskeletal strains and sprains), or less frequently more serious injuries (e.g., muscle tears, herniated discs), and rarely catastrophic injury (e.g., death, paralysis).

**Potential Benefits:** I understand that a regular canine 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, and improved posture, speed, quickness, proprioception, power, balance, and flexibility.

**Participant Responsibilities:** I understand that it is my responsibility to 1) fully disclose my dog's health issues and medications that may be relevant to participation in a conditioning program, 2) have my dog cease exercise and report promptly anything unusual (e.g., difficulty breathing, apparent injury, lameness, refusal to eat or work) during the conditioning program, and 3) clear my dog's participation in a canine conditioning program with my veterinarian.

**Participant Acknowledgements:** In agreeing to this canine conditioning program:

- I acknowledge that my dog's participation is my decision.
- I understand the potential physical risks involved in participating in a conditioning program and believe that the potential benefits outweigh the potential risks.
- I give consent to certain physical touching that may be necessary to ensure proper technique and body posture.
- I understand that achieving health and/or fitness goals cannot be guaranteed.
- I will assist with planning and approving the activities selected for my dog's conditioning program.
- I will ask questions regarding any concerns I might have, and I will make sure those questions are answered to my satisfaction.
- My dog is in good health, good physical condition, and has no impairment(s) which might prevent participation in such activities.
- 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 if I see that my dog is experiencing unusual discomfort and/or if I feel the need to have my dog stop the program.
- I understand that I will be charged a \$45 fee for no-shows or late cancellations.

I have read this statement and received a copy. I hereby give my consent for training.

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Owner's Signature

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Print Name

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Date