



Sterling Results Fitness Club  
 Willoughby, NSW 2068  
 ABN: 22103553493  
 Phone: 1800101737  
 Email: fitness@sterlingresults.com.au

## TREKKING ADVENTURES BOOKING FORM

ADVENTURE DETAILS	
Adventure name	TREKKING TO AUSTRALIA'S HIGHEST SUMMIT MT KOSCIUSZKO
Proposed date	DEC 11 <sup>H</sup> -13 <sup>TH</sup> , 2020

PERSONAL DETAILS	
Name	
Mobile	
Address	
Email	
DOB	

EMERGENCY CONTACT DETAILS	
Name	
Relationship	
Mobile	
Email	

<i>Enter Yes or No</i>	YES	NO
<b>Do you need help with transport to Jindabyne? If yes, please provide details:</b>		

## HEALTH CHECK

<i>Enter Yes or No</i>	<b>YES</b>	<b>NO</b>
<b>Do you have a pre-existing medical condition? If yes, please provide details:</b>		

<b>Item #</b>	<b>Item</b>	<i>Enter Yes or No</i>	<b>YES</b>	<b>NO</b>
1.	Has your doctor ever told you that you have a heart condition, or have you ever suffered a stroke?			
2.	Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise?			
3.	Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance?			
4.	Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months?			
5.	If you have diabetes (type I or type II), have you had trouble controlling your blood glucose in the last 3 months?			
6.	Do you have any diagnosed muscle, bone or joint problems that you have been told could be made worse by participating in physical activity/exercise?			
7.	Do you have any other medical condition (s) that may make it dangerous for you to participate in physical activity/exercise?			

IF YOU ANSWERED **YES** to any of the 7 questions above, please seek guidance from your GP or appropriate allied health professional prior to undertaking physical activity/exercise.

IF YOU ANSWERED **NO** to all 7 questions above, and you have no other concerns about your health, you may proceed to undertake light-moderate intensity physical activity/exercise.

**Signature :** \_\_\_\_\_

**Date :** \_\_\_\_\_

## ACKNOWLEDGEMENT OF RISKS AND OBLIGATIONS FOR PARTICIPANTS IN HIKEFit or TREKKING ADVENTURE PROGRAMS

HIKEFit / TREKFit Programs are operated by Sterling Results Fitness Club, which is wholly owned by Sterling Results Pty Ltd, and may from time to time include special programs conducted by third parties.

By participating in activities as part of the HIKEFit / TREKKING ADVENTURE Programs, I am aware that my participation in these activities may expose me to risks that could lead to injury, illness or death or to loss of or damage to my property.

To minimise these risks, I will ensure that:

- Each activity I participate in, is within my capabilities;
- I am carrying food, water and equipment appropriate for each activity;
- I have advised the activity leader if I am taking any medication or have any physical or other limitation that might affect my participation in each activity.

In addition:

- I will make every effort to remain with the rest of the party during the activity and accept instructions from the leader;
- I understand that it is at the discretion of the leader on the day as to whether I participate in the activity whether that be Sterling Results Pty Ltd or a third-party operator;
- I have read and understand these requirements and I have considered the risks before signing this Risk Waiver and, I still wish to join this activity.
- I accept that in signing this form I am waiving my rights to sue the leader, Sterling Results Pty Ltd and other participants;
- I agree that any contract arising from my participation will exclude any liability arising from the supply of goods and services by the Sterling Results Fitness Club.

*(In order to meet the requirements of our Insurance Contract it is required that all participants on a HIKEFit / TREKKING ADVENTURE Program activity be asked to sign this form.)*

**HIKEFit Participant**

Print  
Name:

Signature:

Date:

**Sterling Results Fitness Club**

Print      Sonia Wray  
Name:      *Founder & Head Trainer*

Signature:      

Date:                      21/07/2020



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<b>HIKEfit/ TREKKING ADVENTURES</b>	TREKKING TO AUSTRALIA'S HIGHEST SUMMIT MT KOSCIUSZKO	<b>Fee</b>
<b>NAME</b>		
<b>TOTAL AMOUNT</b>		<b>\$550</b>

**Minimum 10 hikers, Maximum 17 hikers**

**A deposit of \$250 is required on time of booking. Remaining balance \$300 is due 30days 11<sup>th</sup> November**

**DIRECT DEBIT DETAILS:**

Account name: Sterling Results  
 T/A Sterling Results Pty Ltd trading as Sterling Results Fitness Club  
 ABN: 22103553493

Bank: Westpac, Crows Nest  
 BSB: 032298  
 Account Number: 193373

CREDIT CARD DETAILS

Please circle    VISA    MASTERCARD    AMEX

CARDHOLDERS NAME: \_\_\_\_\_

AMOUNT: \_\_\_\_\_

CARDHOLDER'S NUMBER: \_\_\_\_\_

EXPIRY DATE: \_\_\_\_\_ CCV \_\_\_\_\_

SIGNATURE: \_\_\_\_\_