

# Spin Zone Cycling Bike Fit Consent and Waiver

**Please read the following statements carefully and sign at the bottom indicating your understanding.** Be aware that a bike fit is completed for the purposes of improving comfort, reducing injury risk and enhancing cycling efficiency. Most bike fits require a break-in period to allow the body to adapt to adjustments made to your bike during the evaluation. The Bike Fit is NOT intended as a physical therapy evaluation and if you have a condition that is beyond the scope of the bike fitting, we may suggest you consult your physician, or trained medical professional. We recommend that you consult with your medical professional before engaging in any type of physical activity program.

**Adjustments and Break-in Period:** Bicycle Adjustments: Bicycle hardware (i.e., brakes, drive train, wheels, nuts/bolts for seat post/handlebar stem) is loosened and retightened as part of the evaluation process. The client agrees to recheck any and all such adjustments to ensure the bicycle position is secure and safe. The client should record any changes he/she makes post-fit.

**Break-in Period:** We recommended a 2-4 week break-in period for bicycle adjustments. The duration of the break-in period depends upon the nature of changes made during the fitting and the intensity and amount of time the client spends riding. It is recommended that the client ride using the small chain ring and adjust riding volume, duration and intensity to BELOW their normal levels. Any original discomfort or pain on the bike should not increase or worsen during this break in period. It is sometimes expected to experience differing sensations during this process, (especially in different muscles) similar to changing up a workout routine, or adding a new training module or exercise to your repertoire. You should not however, experience pain. If you experience pain at any time, stop riding and contact your bike fit specialist.

**Client Responsibilities:** A bicycle fitting includes different movements of the musculoskeletal structures of the body, which in turn puts the same degree of stress on the body that cycling entails. The client needs to be aware that engagement in any physical activity carries some degree of risk. If the client has any special conditions, injuries, or limitations that impact their ability to exercise, it is the client's responsibility to communicate such limitations to their bike fit specialist, before starting the fit process. If at any time during the fit process, the client experiences pain, discomfort, or feels unsafe, it is the client's responsibility to communicate this to their bike fit specialist.

**Payment and Cancellations:** Upon scheduling your bike fit, a 50% deposit is required. Any additional fees will be collected at the time of your fit, (e.g. if fit requires new parts such as stem, bars, spacers...etc. the cost of the parts + installation). If you need to cancel or reschedule your fit, we ask that you do so at least 24 hrs. before your appointment time. If you do not cancel within 24 hrs. your deposit may be forfeited.

**Client Consent and Release of Liability:** To the best of my knowledge, I am sufficiently healthy to participate in this bike fit, as well as the related break-in period. I have read the recommendations regarding the break-in period, and agree to adjust riding volume and intensity to adjust to the changes. I agree that if I experience any discomfort or pain during the bike fit or the break-in period, I will immediately communicate this to the bike fit specialist.

**By signing below, I indicate that I have read and understand each of the above policies of Spin Zone Cycling. I have addressed any concerns I have with these policies with the Bike Fit Specialist. I further release Spin Zone Cycling from any liability resulting from the Bike Fit, and/or techniques used, as well as any recommendations made during the evaluation.**

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_