

Riverview Health Rehab & Fitness Questionnaire



Please complete the questionnaire in its entirety. If you answer “yes” to any of the following questions, you may need to complete an additional 15- to 30-minute consult before utilizing fitness services. After completing the form, please email a copy to rehabclub@riverview.org or print a copy and bring it with you to your appointment.

General Information:

Name: _____ Email: _____ Phone: _____

1. Have you had COVID-19? **Yes** **No**

2. In the last year, have you had any hospitalizations since January of 2020? **Yes** **No**
▪ *If yes, what for?* _____

3. Have you had any therapy since January of 2020? **Yes** **No**
▪ *If yes, what for?* _____

4. Have you had a change in your health status since January of 2020? **Yes** **No**
▪ *If yes, please explain.* _____

5. What is your current activity level (last six to 12 months)? Please indicate the number of days a week you exercise and the workout length in minutes.
Days: _____ **Minutes:** _____

6. Do you have any limitations/restrictions in regard to physical activity? **Yes** **No**
▪ *If yes, please explain.* _____

7. How comfortable are you returning to the gym and/or classes? Please check your answer.

Completely comfortable

May need a refresher

Need a lot of guidance

COVID-19 Fitness Center Protocol Agreement

Please read the below rules and check the corresponding boxes to acknowledge and accept our COVID-19 protocols. Agreement is required to utilize fitness services at Riverview Health Rehab & Fitness in Noblesville and Carmel.

Both facilities will have a capacity limit, and workouts will be limited to one-hour.

Fitness hours of operation and class schedules will be posted at the front entrances. They will also be posted in the gym, in the pool area and in the group exercise room.

Walk-ins are allowed if the facility is not at capacity.

Fitness members and class participants must check in with the front desk at the beginning of each visit.

Everyone will be screened upon entering the facility.

To maintain social distancing, members are not allowed into the locker room more than 10 minutes prior to a pool class, and five minutes prior to a land class.

Fitness members are required to wear a mask unless they are on cardio equipment.

Class members are required to wear a mask unless they are in the group exercise room or in the pool.

Fitness members must wipe down equipment before and after use.

Therapy patients have priority for equipment usage. There are restricted areas in the gym for therapy use only.

Fitness clients must check out at the completion of each visit.

Participant Name

Date Signed

IF THE PERSON PARTICIPATING IN THE ACTIVITY IS NOT YET 18 YEARS OLD: AS A PARENT OR LEGAL GUARDIAN OF THE ABOVE-NAMED INDIVIDUAL, I VERIFY THAT I FULLY UNDERSTAND, AND ACCEPT ALL PROVISIONS OF THE RULES AND REGULATIONS, AS AMENDED FROM TIME TO TIME.

Parent/Guardian Name

Date Signed