

Permission Form for Trainer Experience Program

Welcome to the Institute's Trainer Experience Program, designed to link friends of the Australian Institute of Fitness® with the fitness industry.

For your Trainer Experience, you are required to engage with industry and complete a minimum of twenty (20) practice hours to get the feel of what life is like for a Personal Trainer in the fitness industry.

These practice hours are to be supervised in a fitness business, and involve you observing activities, assisting and shadowing a supervisor, and then training clients under the watchful eye of your supervisor.

This form is to be completed if you will be under the age of eighteen (18) years when you undertake your trainer experience. You will need to find yourself a supervisor, agree to your schedule, add your trainer experience details below, have your parent/guardian complete and sign this form providing their permission for you to take part, then provide this signed declaration to your supervisor prior to commencement of your practice hours.

I, (insert your name)

- Will be completing my trainer experience hours with the following supervisor (insert details):

Name of Fitness Facility:

Address of Fitness Facility:

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Phone number of Fitness Facility:

Name of Contact Person/Supervisor:

- Will be completing my trainer experience hours on the following days and times (insert dates/times):

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Signed by Parent/Guardian

I give permission for (insert name of child)

to participate in the trainer experience program with the supervisor detailed above on the days and times described.

Print Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____

Date ____/____/____