

FRJC - Physician's Exam / Approval for Physical Exercise

General: Front Rangers Juniors Cycling is an organization focused on sport, fitness and citizenship for junior cyclists. Participation will include vigorous physical activity geared toward endurance cycling - to build the cardiorespiratory system (heart and lungs), the musculoskeletal system (muscle endurance, strength, and flexibility), and to improve body composition. Participation will have times of intense physical exertion in both aerobic and anaerobic exercise.

Physician Approval: In following the standards set by sports organizations, including school sports, Front Rangers Juniors Cycling requires a physical exam and physician's approval prior to participating in the Front Rangers cycling activities and programs.

To fill this requirement, we will accept a doctor's signature below, **OR** a copy of any doctor signed sports related physical exam done for school, intramural, BSA, GSA, or other sports related program completed and signed within the past 1 year.

Physical Examination and Clearance:

As a physician, I have examined _____ (applicant), and give the following as recommendations for inclusion in vigorous physical activity:

____ Cleared for all cycling and related exercise activities.

____ Cleared for cycling and exercise activities with these limitations (use back if needed):

____ Should NOT participate in vigorous exercise activities.

Physician Signature

Date

Physician's Name and Address: _____
