



# LOSE THE TRAINING WHEELS

AN INFORMATION SHEET FOR PARENTS

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## Overland Park Camp Specific Information

(hosted by Ekklesia Church)

- When:** March 16 – 20, 2009  
**Where:** Johnson County Community College gymnasium; 12345 College Blvd  
**Cost:** \$100 per attendee which includes a camp T-shirt. Camp T-shirts may be purchased for parents and/or siblings for \$8 each.  
**Goal:** Lots of kids riding on two wheels!
- Schedule:** Session 1 – 8:30 to 9:45  
Session 2 – 10:00 to 11:15  
Session 3 – 11:30 to 12:45  
Session 4 – 1:45 to 3:00  
Session 5 – 3:15 to 4:30

Please return application *as soon as you possibly can* (camp is first-come, first served and is expected to fill!)

### Lose the Training Wheels Camp Introduction

**\*\*\* Please Read This Entire Document Carefully. It contains information that is critical to your child's success.\*\*\***

This document is provided for the purpose of informing parents about the *Lose the Training Wheels Program*, its objectives and format. Our objective is to be able to provide a bicycle-riding environment utilizing specialized equipment as well as coaching and encouragement. Our central focus is to permit children to ride conventional bikes without training wheels who would otherwise be relegated to staying on training wheels, standing by, riding a tandem, or riding what we regard to be cumbersome special purpose bikes and tricycles. Consequently, we work primarily with those children who possess certain basic attributes, such as being ambulatory, having use of all limbs, with adequate vision to see and avoid obstacles, and most importantly, the desire to ride a 2-wheeled bike. ***Most children enrolling are those capable of riding tricycles or bikes with training wheels, albeit with some difficulty or hesitation.*** Children with more severe challenges such as requiring wheelchairs and walkers, or being blind, for example, are possibly best served by seeking other therapy options. In the cases when a child is able to master a two-wheeler our goal has been achieved and a new world has been opened to that child. We have had demonstrated success with children with varied disabilities and challenges. **Age ranges typically are from eight to twenty-five. Your child must be at least 8 years old by March 16, 2009 to enroll in this camp! Children with Down's Syndrome must be at least 10 years old by March 16, 2009 to enroll.** If your child is younger than this, we can possibly put them on a waiting list if the camp does not fill. However, since we have a finite amount of spots, we want to make sure we can get the older kids (and adults) enrolled because their "window of opportunity" is more rapidly closing. Thank you for your understanding.

If a child is to be able to learn to ride a bike, ***the primary ingredient or prerequisite is that the child must want to ride a bike.*** If a child refuses to get on a bike, any bike, even one of our stable adapted trainers, then there is little chance that the child will master bike-riding skills. The child must have the internal desire, and not merely be the reluctant participant based on the parent's expectations and desires. Yes, parents can help and provide encouragement, but if the child has a firm resistance to undertaking the first step, typically putting on a helmet and then trying out a first level trainer under the supervision of one of our staff, that child won't learn until and unless we overcome the reluctance.

We take it as a given that the child being enrolled, possibly your child, has been unsuccessful in the past in attempts to lose the training wheels, and that a variety of reasons may have been responsible for that lack of success. We at *Lose the Training Wheels* have devoted years of university level research to prepare us to work with children with reluctance and outright fear as well as physical and cognitive limitations. A core group of researchers, mostly university professors as well as adapted physical education specialists, has published some results, and we continue to document and make our findings and techniques known so that more children might benefit.

The *Lose the Training Wheels Program* uses a special design of bicycle, which we refer to as an adapted bike trainer. In reality, our therapy utilizes a progression of trainer bikes. The children typically start riding on ultra-stable trainer bikes and then progress towards what we can call normal bikes – a conventional bike without those dreaded training wheels. These bikes are of our own design, and are handcrafted on a custom basis in our own shops. Our trainer bikes aren't available for rent or sale, as the adapted trainers are intended merely as stepping-stones for use in a clinical format so as to allow children to graduate onto conventional bikes. By utilization of a clinic format, the adapted trainers, although expensive and intricate to custom build, are used over and over again by numerous children and thus the costs of the therapy per child are held within bounds. We are Quixotian researchers seeking to bring about the realization of a dream – the dream of empowering children with special needs to ride bikes. The other reality is that specialized therapy involving specialized equipment is not cheap. Yes, most clinics opt to charge a modest tuition fee, but such fees typically fall short, and significantly so, in meeting our customary operating expenses. Most *Lose the Training Wheels Program* clinics require substantial donations, both monetary as well as donated use of facilities, volunteers, staff, and administrative support.

We believe that the therapy – enabling children with special needs to master bike riding – has a host of benefits. Self-esteem, peer inclusion, improved health, and improved physical enjoyments are but a few.

Learning to ride a bike for children with special needs isn't always simple. If a child has been unsuccessful in previous attempts, there are often underlying causes. The specific causes vary, but can include physical limitations, cognitive delay, improper equipment, improper instructional technique, and improper practice environment – or a combination. Moreover, even the previous attempts, especially if they resulted in falls or injury, at times contribute additional hurdles that must be overcome – as the child's fear and apprehension factors have intensified.

### **Program Format Information**

We want the parent to be as informed as possible, so with that in mind we present the following information for consideration –

**Time Tables.** Learning to ride a bike involves learning a sequence of skills and ultimately being able to execute multiple skills in a coordinated manner. Each child will learn on his/her own timetable. Some children can learn in an hour, and yet others require more time. A full week of the program is often sufficient for many children. **Because of the need to be fresh and rested as well as other limitations, we find that children do best when we schedule a daily riding**

**session not to exceed 1 1/4 hours (75 minutes). Your child will be assigned to a session or time slot, as we typically run a number of sessions each day of the clinic. Your child will then come to that same time session each day Monday through Friday.** We don't watch the clock, but rather watch to see that the child makes improvement – step-by-step, or pedal-by-pedal, if you wish.

**End Outcomes.** We strive as hard as feasible to bring every child along to be able to become an independent bike rider, but **we don't have 100 percent success.** The outcome is not anything that we can guarantee. We do guarantee to do our best in terms of providing the best equipment, staff, support, environment and attention to detail.

**Defining an Independent Rider.** An independent rider is a rider who can walk up to a bike, reach for the handlebars, raise the kickstand (if so equipped), position themselves on the seat of the bike unassisted, and start riding on their own. In addition, the child should be capable of remaining upright and even following along some desired pathway so as to arrive at a destination, be it across the parking lot or across some park where bike paths are present. The child should be able to avoid obstacles, and come to a controlled stop when desired and necessary. Admittedly, some children with cognitive, physical, visual, or behavioral challenges may require responsible supervision once they can "ride," but in these cases the family is often then capable of bicycling as a group.

**Immersion in Bicycling.** Once your child starts participation in our program, they will ride our special trainer bikes and continue to ride such bikes under our supervision. We ask that you refrain from going home at night and getting out the old training wheels. Let the child bike with us exclusively for the duration of our program.

**One Skill at a Time.** A common bit of advice that golf pro's give is to learn to play golf, and don't try taking tennis lessons at the same time. In short, biking involves learning a new physical skill. Learning a new physical skill involves a process where the brain patterns and reflexes are encoded, and thus become more akin to reflexes as opposed to conscious acts. This encoding process evolves as the skill is practiced, thereby becoming "learned." In the case of learning to ride a bike, we have to permit time to encode a number of skills, and then allow the learner to become graceful and coordinated as skills are combined and executed. Please try to avoid cramming in other classes or clinics such as horseback riding, ballet, baseball, swimming, or soccer. If the child already knows a skill such as soccer and then wants to play, that is fine, but don't schedule lessons for new skills that overlap with the *Lose the Training Wheels Program*.

**Appropriate Dress.** Biking is a physical activity for which dress needs to be appropriate. In general, **avoid dresses and baggy clothes that restrict movement or get stuck on seats and in bike spokes and chains.** Knee length pants are fine, along with short-sleeved shirts in warmer weather. If it is colder, then longer length is okay, but avoid floppy and baggy clothing. Shoes should be suitable for pedaling a bike, so avoid clogs and sandals, or dangling shoelaces. If your child wears corrective lenses, consider a plastic holder such as athletes wear so glasses stay on. Lastly, girls should have a hairstyle conducive to wearing a helmet; so avoid braids, pigtails, and especially pigtails held in place by beads. Hair beads and helmets don't mix.

**Helmets and Other "Equipment." A helmet will be provided to each rider at the start of camp. The cost of the helmet is included in your registration fee.** However, if you have a helmet for your child please bring it with you in case we do not have a helmet that will fit. We will make every effort to have a helmet for each child, but we cannot guarantee that we will have one for your child that is the appropriate fit. It is critical that you bring yours as a backup because each rider is required to have a helmet to participate.

If your child requires special equipment such as ankle or leg braces for treatment of CP, for example, or a weighted vest for helping with sensory integration tendencies, please so note on the application and bring these items with you to camp.

**Siblings.** Your child's siblings are adorable by any standard, but we ask that you refrain from allowing them to be present or to interfere with the bicycling therapy. In short, we can't focus on your child if a sibling is nearby demanding equal attention, getting onto our bikes, or even creating a fuss. In certain circumstances the presence of siblings is desirable, such as for offering encouragement and support to the child with special needs, but we will ask in those cases.

**Bringing Your Child's Bike.** In the *Lose the Training Wheels Program* we will provide all bikes including the one that your child will initially ride on – that first two-wheeler. Please leave your bike at home until asked by the staff to bring it in. Our staff will examine your bike and offer comments regarding suitability, needed adjustments, or possibly selection criteria for a more suitable bike. If your child does not yet have a bike, we suggest that you refrain from buying a bike until we can work with your child and better advise you as to what might be appropriate. We will try to take into account availability, your child's skill level, your budget considerations, and esthetics.

**Photo and Liability Releases.** Photography is used as a part of the evaluation of the progress of each child, notably video-taping. Still pictures are also taken. These visual and sound images are central to document progress and for promotional purposes. The parent or guardian is required to consent to the taking of photographic images, sound images, and as well anecdotal information. These images and records are used internally for proper operation of the program as well as externally as related to publications in research journals, media coverage, program development, and program promotion. **If you elect to not grant such consent, then your child will not be enrolled (see this further explained later in this form).** Please be advised that our usage of any photographic and sound images, the child's name, and the clinical details will be in a professional manner and intended to promote and advance the program. In a similar vein, all parents/guardians enrolling children will be expected to sign a liability release form that also includes a medical emergency treatment clause.

**Parents Presence at Camp.** If you would like to observe your child you are welcome to do so and we will have places available for you to sit and observe. However, it is important that you not be a distraction to your child. If you are observing the camp and notice that your child wants to watch *you* and is not able to follow the instructions they are being given we ask that you leave the premises or find an obscure place from which to observe to allow your child to concentrate on the task at hand. In certain circumstances, we find it helpful to bring parents onto the floor, such as to assist with behavior problems or other needs, but we will ask in those cases. Please ask if you have concerns, but please respect our need to work one-on-one with your child. Certain children do better if an aide accompanies the child, such as to assist with focus, behavior management, and other issues. If you feel that an aide's presence is important and available, please discuss this at the time of registration.

**Being Touched.** Bicycling involves a physical activity on moving equipment. It is inevitable that circumstances will arise when one or more of our staff or volunteers will physically touch, hold, or even grab your child. This often occurs as we place feet on pedals, or lift a chin to improve forward vision, or place a hand on the back to increase pedaling speed, or to catch a child who might be falling. These activities occur in a public setting and are for therapy purposes. If you object to your child being touched, you are advised to not enroll your child.

**Snacks and Beverages.** As a matter of expediency, the staff of the *Lose the Training Wheels Program* normally does not provide snacks or bottled beverages. A water fountain will be available. The parent may elect to send a snack, some fruit, and drink, such as in a backpack or tiny cooler. There is a snack bar area and all snacks must be eaten in this area. Snacks are not allowed in the gym area. Beverages should be restricted to water in a non-breakable screw lid plastic bottle. Please do not send soda and other sticky beverages as they are not allowed in the gym area. We find that many children enjoy taking a break periodically for a "drink" and some rest before resuming bicycling. The breaks are helpful and contribute to the therapy. We frequently use the break periods to socialize, compliment, and encourage the children.

**Participation and “Getting Along.”** Our *Lose the Training Wheels Program* is predicated on creation of a social setting where we work with children in groups. There are many reasons why we have found this to be effective, as we can achieve better utilization of physical equipment, staff and volunteer assignments can be adjusted to meet on-going needs, kids enjoy peers once they become used to the social setting, and role models are present. In a group setting, other children will be engaged in similar bike related activities, and kids are more motivated to want to learn in a social setting. Should your child, or any child, become disruptive or otherwise refuse to participate, we will make a reasonable effort to work with the child to overcome any problems or fears, but if it is determined by our staff that the child’s refusal or behavior is unproductive as well as possibly harmful to the progress of others, we will ask the child to discontinue participation in the program.

**Celebration of Success.** We will have a Celebration of Success at the end of your child’s session on Friday, March 20th. This brief celebration is for our participants and their families, our volunteers and staff and our sponsors to celebrate the success of the participants. We hope you will plan to attend this event. Additionally, we will have some items to present to your child on the last day to acknowledge their efforts.

**References.** Each of our *Lose the Training Wheels Program* clinics utilize trained professional staff as well as volunteers from the community. We are just at the initial stages of refining and publishing our methods and clinical anecdotal results in professional as well as popular journals. One article appeared in the October 2002 issue of *Exceptional Parent Magazine*, pp. 64-66. Another article is presently under peer review by the journal, *Teaching Exceptional Children*. A dozen or more newspapers and media sources have featured our clinics and camps, as well as televised broadcasts in various cities. Richard Klein holds an earned doctorate from Purdue University (1969), and served as a faculty member in the Department of Mechanical and Industrial Engineering, University of Illinois at Urbana-Champaign (1968-1998). He has authored or co-authored approximately fifty professional publications and has formally presented before numerous learned societies. Dr. Klein’s resume, list of publications, and professional references will be forwarded upon request; contact [r-klein@uiuc.edu](mailto:r-klein@uiuc.edu). Richard holds a United States Patent, as well as having been the recipient of numerous effective teaching awards while at the University of Illinois.

**Want more information?** There is a wealth of information about Lose the Training Wheels bike camps and bicycling science on the web at: <http://www.losethetrainingwheels.org>.

**Completed Application and payment should be received as soon as possible. Camp is first-come, first-served and is expected to fill. Checks should be made payable to Ekklesia Church (our financial co-host of this event)**

**Mail to:           David Krug  
                          c/o JCCC  
                          Box 37  
                          12345 College Blvd  
                          Overland Park, KS 66210-1299**

**If you have further questions, contact Dave Krug at: [dkrug@jccc.edu](mailto:dkrug@jccc.edu)**

**Lose the Training Wheels™ Program  
APPLICATION FORM**

Participant's first name \_\_\_\_\_ Participants last name \_\_\_\_\_

Parent/Guardian first name \_\_\_\_\_ Parent/Guardian last name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_, State \_\_ Zip \_\_\_\_\_

Phone contact(s) (Area) \_\_\_\_\_ (Number) \_\_\_\_\_

Email address \_\_\_\_\_

Participant Date of Birth (DOB) \_\_\_\_\_ Height (in inches) \_\_\_\_\_ Weight (lbs) \_\_\_\_\_

Persons authorized to pick child up (other than parent/guardian) \_\_\_\_\_

Participant T-Shirt Size: Child Small    Child Medium    Child Large

**(Circle One)**

Adult Small    Adult Medium    Adult Large    Adult XL    Adult XXL:

Additional shirts (\$8, please indicate size and qty) \_\_\_\_\_

Indicate any preexisting conditions such as CP, autism, Down syndrome, visual disorder, hearing, orthopedic challenges, cognitive delay, low muscle tone, speech disorder, ADD, ADHD, need for therapist fluent in sign, etc.

Is your child on any medications that we need to be aware of, or uses braces, hearing aids, splints, weighted vest, etc.?

Please describe your child's previous experiences with bicycling, or attempts to bike, e.g., training wheels, refusal to try, previous biking accidents or mishaps, riding as stoker on tandem, use of adapted special bikes (three and four wheelers, for example), and for what durations?

Siblings and age(s) and if siblings ride bikes?

Please indicate if your child has any conditions that might interfere with becoming a successful bike rider, or be cause for additional time or special therapy. Our purpose is not to be discriminatory, but rather as realistic as possible – such as in seeing that your child gets the most appropriate instruction. In our experience, we have found the following conditions to be factors that, at times, interfere with or slow success in bike riding. **As a general guideline, to be successful a child should have the ability to ride a tricycle or a bicycle with training wheels.** As applicable, please highlight, **circle or underline**, and make remarks below.

Low stamina

Heart problems; please list \_\_\_\_\_

Breathing problems; please list \_\_\_\_\_

Obesity

Low muscle tone

Motor control issues (such as CP); difficulty in keeping feet on pedals

Problems with attention or focus (such as autistic tendencies, or ADD, ADHD)

Defiance disorder, oppositional behavior

Difficulty functioning in a social setting

Tactile defensiveness (unwilling to be touched, refusal to put on a helmet, resistance to coming into contact with a bike or its parts, like handlebars grips)

Visual impairment

Orthopedic challenges (artificial limbs, deformities of the hands or legs, movement or joint restrictions)

Low cognitive ability (e.g., inability to perform simple tasks like dressing, requiring toilet assistance, requiring handling food assistance)

Abnormal fears (especially of bikes, speed, images of crashing on a bike)

Obsessive reliance on a favorite toy, doll, book, or other security image

Obsessive reliance on an adult (e.g., insisting on being close to parent in times of fear or unusual situations)

Resistance to being with strangers

Fear of riding a bike

Poor walking balance

Difficulty with spatial perceptions, such as walking into walls or hesitancy to step across small changes in terrain (eg, threshold of a doorway)

Child is non-verbal and requires a therapist fluent in sign

Other:

## Fees

**The fee for the camp is \$100. Each paid attendee will receive a camp T-shirt and bike helmet as part of the \$100 camp fee. T-shirts can be purchased for parents and/or siblings for \$8 each. Please make a check payable to Ekklesia Church (our financial host for the Overland Park camp) for the \$100 fee plus \$8 each for any additional t-shirts you desire to purchase and mail it with this application. Be sure to indicate the number of shirts and sizes in the appropriate section near the top of this application.**

**The camp fee is refundable if we are notified of your cancellation at least 21 days prior to the start of camp.**

Please feel free to add any additional information, comments or ask any questions. Use additional sheets if necessary.

## IMPORTANT!!

As stated in the information above, the LTTW Session Times each day (Monday through Friday) are as follows:

**Schedule:**    **Session 1 – 8:30 to 9:45**  
                  **Session 2 – 10:00 to 11:15**  
                  **Session 3 – 11:30 to 12:45**  
                  **Session 4 – 1:45 to 3:00**  
                  **Session 5 – 3:15 to 4:30**

**Your child will be assigned to a session or time slot**, as we typically run a number of sessions each day of the clinic. **Your child will then come to *that same time session each day Monday through Friday***. We don't watch the clock, but rather watch to see that the child makes improvement – step-by-step, or pedal-by-pedal, if you wish.

**Please indicate below your preferences regarding the Session Times that are best for you and your child.** We will do our best to accommodate you, but please be aware that we are logistically trying to schedule approximately 40 campers. Thus please list your first three Session preferences below:

First Preference \_\_\_\_\_

Second Preference \_\_\_\_\_

Third Preference \_\_\_\_\_

**OR.....**

I am flexible and generally am okay with *any* of those Time Sessions Just notify me which Time Session we will be enrolled in. (check here if this applies to you.) \_\_\_\_\_

## Authorization/Signature

By signing and enrolling your child, you hereby expressly acknowledge (1) that you as parent/guardian have read and understood the attached information sheet, and (2) that bicycling, like many sports such as swimming, golf, soccer, wall climbing, sailing, and gymnastics; involves movement and physical activity, and that injury or mishap are possibilities in spite of all reasonable safeguards and precautions taken. As the parent/guardian you accept such risks as reasonable and proper, and agree to hold harmless the camp therapists, volunteers, staff, Ekklesia Church., Lose the Training Wheels, Inc., Rainbow Trainers, Inc, and Richard E. Klein and Marjorie M. Klein, both as individuals and as employees of Rainbow Trainers, Inc.

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Signature of parent/guardian

Date

## **Lose the Training Wheels Emergency Information**

**Participant's full name:** \_\_\_\_\_

**Parent(s)' full name(s):** \_\_\_\_\_

**Insurance Provider:** \_\_\_\_\_

**Insurance Policy #:** \_\_\_\_\_

**Full Name of insured:** \_\_\_\_\_

**Primary Care Physician:** \_\_\_\_\_

**Primary Care Physician's phone number:** \_\_\_\_\_

**In case of emergency, whom should we notify if you are not here?**

**Name** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Please list medications, health cautions, and any special instructions:**

## **Lose the Training Wheels Medical Release Form**

In the unlikely event that \_\_\_\_\_ (participant) requires medical assistance during his/her participation in the Lose the Training Wheels Camp, I give my permission to provide the participant proper care. In case our personal physician cannot be reached, you may take the participant to the following hospital (please indicate "any" or state your preference) \_\_\_\_\_. I have read the program description and acknowledge that all of my questions regarding the program have been satisfactorily answered. I understand the nature of the program, including both the risks and benefits. I also understand that the participant may be withdrawn from the program at any time.

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Date

## **FAQs regarding Consent to Photograph and Consent for Name Release Forms (forms on following page)**

**Question: Why do I need to sign these Consent Forms for my child?**

**Answer:** Most people have never heard about the Lose the Training Wheels organization. Publicity is our *lifeblood* in attracting campers and in raising money for the camp. It is highly likely that you know about camp because of publicity that occurred in previous years. In order to find kids that can benefit from our services, we need to “get the word” out with as much publicity as we can get!

Publicity is also needed to help raise money for the Camp. Please keep in mind that the majority of our camp costs are funded by private donations (camper fees we charge do not even cover one-third of the cost in teaching your child to ride). Our cause is legitimized and publicized by partnering with media outlets in covering our Bike Camps. The fact is that *media outlets will not come out to cover our event unless we have consent forms signed for every camper that could potentially be photographed!*

In addition, our camps are filled with “proud parents” who will be taking pictures of their child, as well as the entire proceedings of the camp. As camp director, I simply won’t have time to walk around monitoring who is taking pictures, and of what/whom, and for what purpose.

**Question: I understand the Consent to Photograph, but why do you need the Consent for Name Release?**

**Answer:** Most media organizations will not publicize a photo/video unless they can personalize it by identifying the names of the people shown in the photo/video. Thus, Consent for Name Release is necessary to acquire this much needed publicity.

**Question: I understand why you want these Consents. However, I simply cannot provide them to you for my own personal reasons. Can I still enroll my child in your Bike Camp?**

**Answer:** No. We understand you may have your own reasons for not wanting to sign these forms. However, we simply cannot and will not allow any child into our Camps

without these forms being signed. If we waiver on this requirement, future camps and funding could be jeopardized and we cannot risk that. We appreciate your understanding.

*(Forms are found on next page)*

**Lose the Training Wheels (see info re: these forms on previous page)**

**Consent to Photograph**

The undersigned hereby authorizes Lose the Training Wheels, Inc. Rainbow Trainers, Inc., Richard E. Klein, Ekklesia Church, and its agents and volunteers to photograph, film, or videotape

\_\_\_\_\_  
(Participant's Full Name – Please Print)

on behalf of Lose the Training Wheels, Inc., Rainbow Trainers, Inc., Richard E. Klein and Ekklesia Church and agrees that Lose the Training Wheels, Inc., Rainbow Trainers, Inc., Richard E. Klein and Ekklesia Church may use such photographs, films or videotapes in planning and reviewing the client's treatment program and/or in general public relations/communications.

I the undersigned release Lose the Training Wheels, Inc., Rainbow Trainers, Inc., Richard E. Klein and Ekklesia Church, its employees, agents and volunteers from any liability involved with the consent and understand that my name and the client's name of identity will not be released with the aforementioned materials without the express consent indicated separately below.

\_\_\_\_\_  
(Signature of Participant [over age 18] or Legal Guardian)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Please print name of Legal Guardian)



**Consent for Release of Name**

The undersigned hereby authorizes Lose the Training Wheels, Inc., Rainbow Trainers, Inc., Richard E. Klein and Ekklesia Church to use in writing or otherwise the name or identity of the above client.

\_\_\_\_\_  
(Signature of Client [over age 18] or Legal Guardian)

\_\_\_\_\_  
(Date)

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