



**All adults aged 18 and over must complete this form (members and non-members)** who wish to participate in any club activities (including trial training sessions) with Bearbrook Running and Triathlon Club (BRTC). Please ensure all sections of the form are completed clearly and in full and emailed to [bearbrookrunningclub@gmail.com](mailto:bearbrookrunningclub@gmail.com) or handed to a run leader.

If you have any queries about this form please email [bearbrookrunningclub@gmail.com](mailto:bearbrookrunningclub@gmail.com) or speak to a run leader.

## ICE (In Case of Emergency) Contact Information

Emergency contact name	
Contact phone number	

## Physical Activity Readiness Questionnaire (PAR-Q)

Name	
Date of birth	
Mobile phone number	
Home phone number	

Regular exercise is associated with many health benefits, yet any change of activity may increase the risk of injury. Completion of this questionnaire is a first step when planning to increase the amount of physical activity in your life.

Please read each question carefully and answer every question honestly, if answering yes, please give details:

Medical notification	Response
1 Do you have any pre-existing medical conditions?	(Yes or No)
2 Do you have a respiratory condition?	(Yes or No)
3 When doing physical activity do you experience any pain or tightness in your chest?	(Yes or No)
4 Do you lose balance or consciousness because of dizziness or light headedness?	(Yes or No)
5 Do you have a joint or bone condition or problem?	(Yes or No)
6 Are you pregnant or post-partum?	(Yes, No or N/A)
7 Are you allergic to any medication?	(Yes or No)

**Formal Declaration**

I declare that I have completed this questionnaire fully and honestly. I will inform my run leader if there are any changes in my circumstances. I take part in any recommended programme entirely at my own risk and waive any legal recourse for damages to myself or property arising from my participation.

If I have any doubts about engaging in physical activity I will consult with a doctor before starting activity. I understand a Doctor and not a leader or coach must be content before I start a programme of activity. Additionally, if my health changes during the programme I should refer to my GP or Doctor for advice.

Signed		Date	
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The following link contains Bearbrook Running and Triathlon Club's policy on the personal information we collect about you [Privacy Notice](#).