

Forename Surname



DOB: Contact Number

Before exercising, please consult a GP if; you have a long term condition, temporary illness, or possible pregnancy

Please read the below questions and answer each one honestly
(check YES/NO)

1. Has your GP ever said that you have a heart condition or High blood pressure?
2. Do you feel pain in your chest at rest, during your daily activities OR when you do physical activity?
3. Do you lose balance due to dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your
4. Have you ever been diagnosed with another chronic medical condition? (Other than heart disease or high blood pressure)
5. Are you currently taking prescribed medications for a medical condition?
6. Do you have a bone or joint problem that could be made worse by becoming more physically active? Please answer NO if you had a joint problem in the past, but it does not limit your ability to be physically active. For example, knee, ankle, shoulder or other.
7. Has your GP ever said that you should only do medically supervised physical activity?

YES	NO
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐

If you have ticked **YES** to any of the questions above, please provide details and understand it is your responsibility to make your GP aware that you are taking part in physical activity and seek advice.

DECLARATION AND AUTHORISATION

I can confirm that the information given is a true and accurate statement. I understand if I have declared any of the conditions listed further information may be requested.

Please be aware that it is your responsibility to inform us if there are any changes to your answers on the P

Member Signature:

Date:

Statement of data protection

We collect information about you when you register to one of our programmes. This information is used for the purpose of monitoring the success of our programmes, some of which are externally funded. Blackpool Football Therapy will therefore share some of the non-identifiable data we collect with these funders. We will never pass on your personal (identifiable) data to any third-party organisations or use it for any other purpose.

