



Name of park/event: _____

First name: _____ Surname: _____

Date of Birth: _____ Occupation: _____

Address: _____

Postcode: _____

Tel: (Home) _____ (Work) _____

Mobile _____ Fax _____

Email: _____

Please answer the following questions and sign below:

		Yes	No
1	Has your doctor ever said you have heart trouble?	<input type="checkbox"/>	<input type="checkbox"/>
2	Have you ever had pains in your chest?	<input type="checkbox"/>	<input type="checkbox"/>
3	Do you often feel faint or have spells of dizziness?	<input type="checkbox"/>	<input type="checkbox"/>
4	Has a doctor said your blood pressure is too high?	<input type="checkbox"/>	<input type="checkbox"/>
5	Has a doctor said that you might have bone or joint problems, such as arthritis, that has been aggravated by exercise or might be made worse with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
6	Have you been in hospital in the last 3 years?	<input type="checkbox"/>	<input type="checkbox"/>
7	Are you currently taking any medication?	<input type="checkbox"/>	<input type="checkbox"/>
8	Are you Pre/Post natal?	<input type="checkbox"/>	<input type="checkbox"/>
9	Do you suffer from asthma, or breathing difficulties?	<input type="checkbox"/>	<input type="checkbox"/>
10	Do you suffer from diabetes or epilepsy?	<input type="checkbox"/>	<input type="checkbox"/>
11	Do you suffer from an allergy?	<input type="checkbox"/>	<input type="checkbox"/>
12	If 'Yes' what medication do you take?	<input type="checkbox"/>	<input type="checkbox"/>
13	Is there a good physical reason not mentioned here why you should not follow an activity programme?	<input type="checkbox"/>	<input type="checkbox"/>

How would you describe your current level of fitness?:

- Very fit
- Fit
- Average
- Unfit
- None at all

If you have answered 'Yes' to one or more questions:

If you have not recently done so, consult with your doctor before increasing your physical activity and tell your doctor which questions you answered yes to.

If in any doubt, seek your doctor's advice as to your suitability for unrestricted physical activity that progresses gradually.

In consideration of being allowed to participate in the activities and programmes of British Military fitness and to use the facilities and equipment owned and/or under the control of British Military Fitness, in addition to the payment of any fee or charge, I do hereby waive, release and forever discharge British Military Fitness from any and all responsibility or liability for injuries or damages resulting from my participation in any activities or my use of equipment or facilities in the above mentioned activities.

I understand and I am aware that strength, flexibility and aerobic exercise, including the use of equipment, in the outdoors, are potentially hazardous activities. I also understand that exercise and fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and facilities with the knowledge of the dangers involved. I hereby agree to expressly assume and accept all and any risks of injury or death.

I am aware that I have the right to request advice from any of the British Military Fitness staff, at any time, in relation to the activities and exercise being undertaken and, but not exclusively, their suitability for me, with particular regard to my health and clothing. If I choose not to take advice, or to disregard any advice so given, I do so voluntarily and accept liability for all resulting injuries or damage.

I do hereby declare myself to be physically sound and suffering from no condition, impairment, disease or infirmity or other illness (other than those declared on the attached medical questionnaire) that would prevent my participation or use of equipment or facilities except as herein stated.

I acknowledge that I have either had a physical examination and have been given my doctors permission to participate, or that I have decided to participate in activity and use of equipment and machinery without the approval of my doctor and do hereby assume all responsibility for my participation and activities, and utilisation of equipment and machinery in my activities. In addition British Military Fitness cannot accept responsibility for valuables left in instructor's vehicles.

Where did you hear about us? _____

Signature _____ Date _____

Print name _____

**Please bring this completed form with you to your first session.
You will not be allowed to take part without this completed form.**

British Military Fitness is a division of Military Fitness Ltd.
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In London this summer, we are running a competition where you could win some fantastic prizes - from BMF T-shirts, to places on our famous Kinabalu Challenge. All you need to do is fill in your details as a BMF member (below) and get your friend or colleague to fill in the normal health questionnaire details. How you get them to the park is up to you!

BMF Member's Name:
(block capitals)

BMF Member's Park:

BMF Member's Email:

