



CONTACT DETAILS & HEALTH SCREENING

Full Name Date of Birth

Address Phone

..... Mobile

Post Code email

Occupation Heightfeetinches

In the unlikely event of an emergency, who shall we contact?

Name Phone

Please note:- We won't pass your details to anyone, or send junk mail. You can opt out of Newsletters if you wish.

Please tell us where you heard about this class?

Medical History please indicate if you have suffered any of the following recently:-

	Circle	give Brief Details
Heart trouble?	NO YES
Chest pains recently?	NO YES
Dizzy or fainting?	NO YES
High blood pressure?	NO YES
Asthma or chronic Bronchitis?	NO YES
Diabetes? Please specify type.	NO YES
Back pain or any joint/muscular problem?	NO YES
Migraine or severe headaches?	NO YES
Are you recovering from any recent illness or injury?	NO YES
Any Surgery recently?	NO YES
Have you any medical condition I should be aware of?	NO YES
Are you pregnant, or had a baby in the last 3 months?	NO YES
Have you been pregnant in the last 3 months?	NO YES
Are you on any medication at present?	NO YES

Please use the back of this sheet to let us know any further information

PLEASE NOTE: If you answered YES to any of the above, your Instructor will speak to you about whether or not she feels it is safe for you to participate in the programme. An adaptation may be all that is needed. However it may be appropriate for you to consult your GP. You will be advised and the Instructor's recommendations will be noted over leaf.

Declaration: I declare that to the best of my knowledge I have answered the questions correctly and will follow the advice given to me by my instructor. Should my medical circumstances change I will inform my Instructor. I have read, understand and agree to Lindsey Fitness Ltd Conditions of Membership.

Signed: Date:

Your Instructor will complete this part:-

Starting Weight		Motivation/ Target Event

Instructor Initial Date CLASS



Data protection and consent form.

The data protection act requires us to use any information we hold on our members responsibly and within the definitions of the act.

One of the ways in which the act affects us is that in theory we are not allowed to identify you to other members without your specific permission.

Because it is accepted and recognised that part of what we do in club is to recognise achievements by reading out members' names in relation to weight losses etc. we could do that without your specific permission. However other ways in which we identify you to others such as mentioning your name in our newsletter could in theory be seen as having been done without your permission and could in theory cause us problems at a later date.

We have therefore taken the decision to ask all our members to consent to us using the information we hold on you at our discretion specifically and solely for the purposes of our business.

This will include such things as:

- Reading out members' names and achievements in class
- Including members' successes (including names) in our weekly and other email newsletters
- Using the health information you have provided to help us offer the very best service to you

We are duty bound to abide by data protection guidelines;

We promise that we will take all reasonable steps to ensure that all our staff are aware of and trained in their responsibilities for data protection, and that all reasonable steps are taken to avoid breaches of confidentiality. Further, we respect your consent for us to use your information fairly, responsibly and within the confines of the act.

Whilst we take all reasonable steps, we cannot reasonably guarantee the confidentiality of any information contained within emails, text messages or other electronic communication. Lindsey Fitness Ltd will not pass directly any information we hold on you to any third party organisations without express and specific consent.

Please sign the consent below and return this whole page back to us as soon as possible.

None of the above affects or alters your statutory rights, and you may within the terms of the act request to see and seek to amend any information we hold on you at any time.

We continue to be bound by the provisions of the act in terms of the way in which we process and store any and all personal information. You remain protected in law against any abuses by us, intentional or otherwise of the terms of the act. We continue to ensure best practice in our business dealings and in everything we do in the in-terests of our members.

Your full name _____

Your date of birth _____ Your email address _____

I consent to Lindsey Fitness Ltd (Lindsey Fitness Ltd and other subsidiaries) using the information it holds on me at their discretion for the specific and sole purpose of the efficient and effective running of Lindsey Fitness Ltd, Lindseyfitness and subsidiaries as set out above.

Your signature _____

Date of signature _____