

Couch to 5k Participant Registration Form

In order to participate within the **Couch to 5k programme** (18+) it is **essential** that the following questionnaire is completed and returned to Chris Elliott (details below). Please note, spaces are limited and will be allocated on a first come first served basis upon receipt of a completed application form.

Contact Information:

Chris Elliott, Fermanagh and Omagh District Council, Townhall, 2 Townhall Street, Enniskillen
 Co. Fermanagh, BT74 7BA **Email:** chris.elliott@fermanaghomagh.com **Tel:** 0300 303 1777

Participant Information

Participant Name: _____ **Participant Surname:** _____

Gender: _____ **Date of Birth:** ____ / ____ / ____

Address: _____

_____ **Post Code:** _____

Email: _____ **Home Tel No.** _____ **Mobile No.** _____

Do you have a disability or life long illness? Yes ☐ No ☐

Emergency Contact: _____ **Emergency Number:** _____

Programme Details

Start Date: Saturday 27 April 2019

End Date: Saturday 13 July 2019 (unless advised otherwise)

Venue: Running Track @ Fermanagh Lakeland Forum, Enniskillen

Time: 8.00 – 9.00am

Medical Information

Please answer **ALL** medical questions below and elaborate on any conditions you may have.

- | | | | | |
|--|------------|--------------------------|-----------|--------------------------|
| 1. Have you ever suffered from blood pressure or any other CV problem? | Yes | <input type="checkbox"/> | No | <input type="checkbox"/> |
| 2. Do you feel pain in your chest when you do physical activity? | Yes | <input type="checkbox"/> | No | <input type="checkbox"/> |

3. Are you prone to headaches, fainting or dizziness?
4. Do you suffer from pain or limited movement in any joint?
5. Do you suffer from a bone or joint problem that could be made worse by activity?
6. Do you suffer from diabetes?
7. Do you suffer from asthma?
8. Do you lose balance because of dizziness or do you ever lose consciousness?
9. Are you recovering from a recent illness or operation?
10. Are you currently taking any medication?

Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Yes	<input type="checkbox"/>	No	<input type="checkbox"/>

If you answered '**YES**' to any of the questions above please provide any further relevant medical information below;

If I answered '**YES**' to any of the questions, I have consulted my doctor and gained their agreement to undertake physical activity. If my health changes at any time during the programme in relation to the questions above or any other condition, I will cease exercise, inform the coach and consult my doctor. I declare that to the best of my knowledge the information given above is correct and that I know of no reason why I should not participate in the activity programme. I understand that I enter into this programme entirely at my own risk and I waive any legal recourse for damages to myself which may arise from my participation.

Declaration

Signed: _____ **Date:** _____

Data Protection

In accordance with the Data Protection Act 2018, Fermanagh and Omagh District Council has a duty to protect information we hold on you. The personal information you provide on this form will only be used for the purpose of the 'Couch to 5k' programme. Information will be shared with the Public Health Agency (PHA) for the purpose of the programme, however, this will not be shared with any other organisations unless law or regulation compels such a disclosure. For further guidance on how we hold your information please visit the Privacy Section on the Council website, <https://www.fermanaghomagh.com/your-council/privacy-statement>