



ENROLMENT FORM
(Health & Safety Questionnaire)

Name:

Name: (Mr, Mrs, Miss, Ms).....

Address:

Post Code: Email Address:

Tel No.: (Home).....(Work)..... (Mobile).....

Date of Birth:(Height) (Weight)

Occupation:Activities /Sport:

How did you find out about Pilates in Sevenoaks?.....

GP / Doctor / Health Practitioner:

Your choice: Group Class or 1:1..... Preferred day and time:.....

Does your work involve any of the following?

- checkbox Sitting for long periods, checkbox Driving, checkbox Bending, checkbox Standing, checkbox Lifting Heavy Weights, checkbox Any other repetitive action/activity

Has your doctor ever said that you have any sort of heart trouble or defect?

- checkbox Yes, checkbox No

Have you ever been told that you have arthritic joints or any bone problem that may be made worse by exercise?

- checkbox Yes, checkbox No

Are you pregnant or have you had a baby in the last 6 months?

- checkbox Yes, checkbox No

Have you had any operations or injuries?

- checkbox Yes, checkbox No

Are you on medication?

- checkbox Yes, checkbox No

Is there any other reason that should stop you from participating in physical exercise?

- checkbox Yes, checkbox No

Do you suffer from back or neck problems?

- checkbox Yes, checkbox No

Is your blood pressure checkbox High checkbox Low checkbox Normal

Have you ever been given any remedial exercises? If so can you briefly describe them?

Are there any movements that cause you pain? (e.g. raising arms, bending forward or to the side)

What do you most wish to gain from Pilates?

Any other concerns / illnesses /health problems / past relevant history?

*PLEASE NOTE: If you answered yes to any of the above, provide details in confidence on the reverse of this form

Pilates exercises are very safe but, as with all forms of physical exercise, it is prudent to consult your doctor before starting classes. The classes are not a substitute for medical counselling or treatment. If you have any doubts about the suitability of the exercises, you should refer back to your medical practitioner. The instructor can accept no liability for personal injury related to participation in a class, or private Pilates sessions if:

- (a) your doctor has, on health grounds, advised you against such exercise
(b) you fail to observe instructions on safety or technique
(c) such injury is caused by the negligence of another participant in the class, or private session

Please advise the instructor before commencing class if for any reason your situation has changed (this includes pregnancy)

I understand that it may be necessary for me to have 1:1 sessions if I have been referred by an Osteopath, physiotherapist or chiropractor, before joining a course of Group Matwork Classes

Signed: Date:

Date: