



# PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

(Please see overleaf for our data protection policy)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number (mobile if poss): \_\_\_\_\_

Email address: \_\_\_\_\_

Emergency contact name and phone number: \_\_\_\_\_  
\_\_\_\_\_

In all the questions below please put down anything you feel is relevant. If anything about your health changes then please speak to your instructor about the change. By signing this form you agree that:

- a) you have read, understood & completed the questionnaire
- b) you participate in classes at Core at your own risk
- c) if applicable, for parent & baby classes you are responsible for your child at all times
- d) you have read, understood and agree to the data protection policy overleaf
- e) you consent to me informing NHS Scotland Test & Protect of your contact details if necessary
- f) you will not attend class if you, or anyone in your household, have a high temperature/fever, a new continuous cough, or loss of/change in sense of smell or taste, or if you have travelled abroad in the last 14 days to a country that requires a 14 day quarantine period on return
- g) you will inform Core and NHS Test & Protect if you test positive for COVID-19 within 14 days of attending Core.

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
Do you ever feel pain in your chest either when you do physical activity, or when not doing physical activity?
Do you have high or low blood pressure? and if so are you on medication to control it?
Do you ever feel faint or have spells of dizziness?
If you have any joint or back problems (including joint replacements) please note details here:
Are you currently taking any medication of which the instructor should be made aware? If so, what?
Are you pregnant or have you had a baby in the last 6 months? Include due/birth date.
Is there any other reason why you should not participate in physical activity? If so, what?

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **Data Protection Information**

Core takes the confidential collection, use and storage of your personal data seriously.

We want you to be aware that this form is the only copy of your data we hold, we do not transfer this information to any digital storage but keep this hard copy in a fire-proof, locked storage cabinet.

We will hold your data while you remain a client at Core and for 7 years after you stop attending classes/personal training here. You can request to see your form and/or request it to be confidentially destroyed at any time by emailing [info@coredunbar.co.uk](mailto:info@coredunbar.co.uk) or speaking to your instructor. You can also ask for your data to be transferred to another fitness professional of your choice at any time. You can also, and are indeed encouraged to, ask for your data to be updated to reflect any recent changes. We will ensure any requests are dealt within a month as required by the General Data Protection Regulation legislation (2018).

Your information will only be made available to your instructor (or any instructor who is covering the class in the event of your usual instructor being unavailable) and the information will be used to ensure that an appropriate and safe lesson is provided for you. In the event of an emergency regarding your health/safety during the lesson, the emergency contact details you provided will be used to contact that person to make them aware of the emergency situation. The details will also be used in that event to pass on to any medical professionals (e.g. paramedics) if required. The email address you provide will be used to contact you only about information directly pertaining to the class/personal training (e.g. new block information) and will not be used to distribute any promotional information or newsletters etc. The phone number you provide will only be used to contact you to let you know about last minute class cancellations. There is no expectation that your address will be used in any circumstances other than an emergency. None of your data will be passed to a third-party in any circumstances other than medical professionals in an emergency or NHS Scotland Test & Protect in the event of a positive case of COVID-19 at Core.

You can access our full data protection policy online at <https://www.coredunbar.co.uk/terms-conditions-privacy-policy>.