

## RUNNING FOR BEGINNERS Registration Form

Group Name

Howgill Hobblers 2019

First Name

Last Name

Gender

F

M

Date of Birth

Age

Address

Postcode

Telephone

E Mail

Please briefly list any medical conditions that you have that a first aider should know about in the case of Emergency.(diabetes, epilepsy, heart, joint or breathing problems, high BP). If none, please state 'none'

Who should we contact in case of an emergency?

What is their contact number?

**Over the last 4 weeks, how often have you done at least 30 minutes of moderate exercise? Enough to rise your breathing rate.**

Less than once a week	
About once a week	
About twice a week	

About three times/week	
About four or more times/week	
Don't know	

**PLEASE READ THE FOLLOWING AND SIGN BELOW** Sessions are free to participants and are organised by qualified RunTogether volunteer leaders. I understand that participation in this group is entirely at my own risk. Running is a physically active sport. You should always seek advice from your GP before taking up a strenuous activity you are not accustomed to.

Signature

DATE