



# British Barbell Community Amateur Sports Club Health Questionnaire

Members applying for Training memberships should complete this questionnaire.

- Please read the questions carefully and answer each one honestly:
1. Has your doctor ever said that you have a heart condition? Yes  No
  2. Has your doctor ever suggested you restrict your physical activities? Yes  No
  3. Do you have high blood pressure? Yes  No
  4. If you have undertaken physical activities in the past, did you feel pain in your chest? Yes  No
  5. In the past, have you had chest pains when you were not doing physical activity? Yes  No
  6. Do you suffer from dizziness? Yes  No
  7. Do you suffer from loss of consciousness or fainting? Yes  No
  8. Do you have a bone or joint problem aggravated by physical activity? Yes  No
  9. Is your doctor currently prescribing medicine for you? Yes  No
  10. Do you know of any reason why you should not do physical activity? Yes  No

All members are advised to visit their doctor before commencing training.

If you have answered Yes to any of the above questions, we strongly recommend that you consult with your doctor before commencing physical activity. Please confirm the advice given to you on consulting your doctor, providing a letter from your doctor where possible.

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I confirm that I have completed this form truthfully, and that I will advise the Committee immediately of any changes in my health.

Signature..... Date.....

Print Name .....