

5K FUN-RUN REGISTRATION FORM

BREATHING SPACE, ERITH LEISURE CENTRE, 28/04/2018

All information will be kept securely until the fun run date and used for registration identification and none anonymised data for the purpose of evaluation.

Please email the completed Registration Form to breathingspace@mindinbexley.org.uk, alternatively please register your interest via email and bring the completed form on the date. Please print details clearly.

1. Personal Contact Information

First Name: Last Name:
Email: Postcode:

2. Emergency Contact Information

First Name: Last Name:
Telephone:

3. Your Health and Exercise

Thinking about the past 12 months, how often have you been on a run or a jog?

Daily/most days Weekly Twice a month Monthly Occasionally Rarely

How many times have you exercised during the past week?

0 1 2 3 4 5 6 7

Do you suffer from any of the following?

Diabetes Heart problems Joint problems High blood pressure Asthma Backpain
 Previous injuries

Do you have a long-term illness, health problem or impairment that limits your daily activities? Yes No

Which of the following best describes how your impairment or illness affects you? Please select all that apply.

Vision (blindness or visual impairment) Hearing (deafness or hard of hearing)
 Learning or concentrating or remembering Wheelchair user Dwarfism
 Cerebral Palsy Amputee Mental Health problems
 Social or behavioural issues, for example, due to neurological diverse conditions such as Autism, Attention Deficit or Aspergers' Syndrome
 Other (including Stamina or breathing difficulty, difficulty speaking or making yourself understood, dexterity difficulties, long term pain)

4. Declaration

PLEASE READ THE FOLLOWING AND SIGN BELOW:

Qualified Run Leaders will be present for advice and to share their experience and enjoyment of the sport with me. I confirm that I understand that participation in the fun-run is entirely at my own risk and should consult my own doctor if suffering from any condition that might make running injurious to my health.

Sign:

Date: D D / M M / Y Y

/ /

www.runtogether.co.uk