



Oxford Triathletes want to ensure your health and safety. To make sure that you are fit enough to take part in triathlon training the following questionnaire must be completed. Please use your common sense when answering. If you answer **Yes** to any of the questions or don't know, you must make sure that your doctor confirms that it is safe for you to train.

- Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? **Y / N**
- Do you feel pain in your chest when you do physical activity? **Y / N**
- In the past month, have you ever had a chest pain when you were not doing physical activity? **Y / N**
- Do you lose your balance due to dizziness, ever lose consciousness or suffer from epilepsy? **Y / N**
- Do you have a bone or joint problem (such as back, knee or hip) that could be made worse by a change in your physical activity? **Y / N**
- Is your doctor currently prescribing medication for your blood pressure or heart condition? **Y / N**
- Are you pregnant or have you had a baby in the last 6 months? **Y / N**
- Do you have any breathing difficulties or suffer from asthma? **Y / N**
- Do you have diabetes? **Y / N**
- Do you have significant, recurring or chronic 'sports injuries'? **Y / N**
- Do you know of **any other reason** why you should not exercise or increase your physical activity? **Y / N**

**If Yes please comment**.....

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"I have read, understood and completed the above questionnaire honestly and to the best of my knowledge. I confirm that I am voluntarily engaging in an acceptable level of exercise, and that my participation involves a risk of injury. I accept that activities with Oxford Triathletes are at my own risk. If my health changes at any time, I understand that it is my responsibility to cease or modify my training and consult my doctor as to whether it is safe for me to continue training. I must also accordingly advise relevant club officials and coaches"

Signed .....

Date .....

**For office use only**

- Website updated
- Details updated on excel
- Payment received
- Membership card sent