

HEALTH SCREENING & INFORMED CONSENT

Name:	Sex: M/F	Age:
Address:	Mobile No:	
	Home No:	
Email address	<u>Emergency Contact</u>	
	Name:	
	Telephone No:	

Have you been referred to Pilates by a Health Professional?	Y / N
If Yes	
Referred By:	Referred For:

Current injuries / medical conditions:	Previous injuries / medical conditions:
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Are you on any medication that could affect you during exercise?	Y / N	Please give details
Are you pregnant or have you been pregnant in the last 6 months?	Y / N	

Aims	
Current fitness routine	Current leisure activities
How did you hear about Cheshire Pilates?	

I hereby state that I have read, understood and answered honestly the pre-exercise Health Screening questionnaire. Any questions I had were answered to my full satisfaction. Whilst I understand that every effort is made to keep the class safe and enjoyable, I am participating of my own free will and as with any exercise programme, I understand that there is a risk of injury. In the event of any such injury, I will not hold Cheshire Pilates responsible. **I have read and agree to all the terms overleaf and accept full responsibility for my own actions.**

Signed	Date
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TERMS AND CONDITIONS

Payments

- Classes are paid in blocks of 5, in advance (excluding private tuition which can be paid individually).
- There is also a 'Pay as you Go' option (see pricelist); for this option places in a class can only be booked up to 24 hours in advance and is subject to availability in the class at the given time. It is not possible therefore, to guarantee a regular place in any particular class when paying by this method.
- Missed lessons may be 'caught up' during the current block of lessons, subject to availability and prior booking. They may also be 'caught up' in the subsequent block of lessons, subject to availability and payment having been received for the next block of lessons.
- Missed lessons cannot be refunded, nor deducted from the following block of lessons.
- Lesson cancellations must be received at least 24 hours in advance.

Health

- All clients are required to complete a Health Screening and Informed Consent form.
- Cheshire Pilates may require further medical information or permission from your Doctor or other health professional for any conditions which you disclose on your Health Screening form, prior to you commencing Pilates.
- You should let the teacher know, before the start of your lesson, of any changes to your medical / health conditions, or if you are suffering from any new conditions or injuries.

Other

- When participating in Reformer and equipment classes, please ensure that you are not wearing track pants or similar, that have zips on the rear pockets, as the zips can damage the reformer beds and equipment.
- On occasion, classes may be taken by a stand-in teacher.

Signed:	Date:
Signed on Behalf of Cheshire Pilates:	Date:
	Name: