

MOJO Running & Fitness - Health Questionnaire

FULL NAME:		
ADDRESS AND POST CODE:		
DATE OF BIRTH:		
E-MAIL		
MOBILE/TEL NO.		
EMERGENCY CONTACT:	FULL NAME	MOBILE/TEL NO.

MEDICAL INFORMATION – PART 1 – COVID-19

Condition	Yes	No
Have you been diagnosed with Covid-19 or tested positive for Covid-19?		
If yes has the isolation period expired?		
Have you been in contact with anyone with Covid-19 symptoms or are you living with anyone that is isolating with Covid-19 symptoms		
If 'Yes' please ensure you follow the government guidelines with regard to self-isolation		

MEDICAL INFORMATION - PART 2

Do you have any of the following conditions:

Condition	YES	NO	Details
Heart Problems			
Cancer			
Diabetes			
Asthma			
High Blood Pressure			
Epilepsy			
Joint Problems			
Back Pain			
Recent Surgery (please provide details and give dates)			
Recent Injuries. If yes, please provide details			
Current Prescriptions/Medications			

Please provide any other information you think is relevant e.g. current pregnancy, allergies. ****Please use the bottom part of page 2 if you need more space to complete this section.***

TERMS AND CONDITIONS OF RUNNING WITH MOJO - Please read carefully before signing.

The attached Health Questionnaire is your opportunity to provide information that will assist us in evaluating your current level of health and fitness. We recommend that participants check with their General Practitioner prior to taking up running. *All asthmatic and EpiPen participants must take their inhaler/EpiPen with them on all runs, whether they think they are likely to need it or not.*

Covid-19 --You must follow all government guidelines, including but not limited to self-isolation and notifying us if you test positive for Covid-19 and have been running with us.

Your details will be kept confidential and will not be shared with others without your permission.

We will maintain a register of all runners on every run and contact you immediately if we are notified by any runner on your run that has tested positive for Covid-19.

By signing this document (by hand or electronically typing your name) you understand and agree to the following:

There is a possibility of accident or injury when running on or off road, and that participation is at your own risk. It is your responsibility to point out to the coach before a session any injury or medical condition that you may have.

Covid-19 - You must follow all government guidelines regarding Covid-19 before during and after exercising with us. You are responsible for your own social distancing whilst participating in all Mojo sessions. Participation is at your own risk.

Signed:	Date:
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*Please use the space below if you need to include more medical information /...