

## 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

Please ensure you follow all government guidelines regarding self-isolation, social distancing and notification for track and trace purposes.

Condition	Yes	No
Have you been diagnosed with Covid-19 or tested positive for Covid-19?		
If yes has the isolation period expired?		
<b>SYMPTOMS – Do you have any of the following symptoms:</b>		
• A persistent cough or sore throat		
• High temperature (above 37.8°c)		
• Shortness of breath		
• Loss of taste or smell		
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			
Diabetes			
Asthma			
High Blood Pressure			
Epilepsy			
Joint Problems			
Back Pain			

Condition	YES	NO	Details
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			

## 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** – Current government guidelines allow us to run in groups of 12 people per coach, but this is subject to change over the coming weeks. We will notify you of any changes that affect our runs.

You must follow all government guidelines, including but not limited to self-isolation, notifying us if you come into contact with others with Covid-19, if you have any symptoms of Covid-19 or test positive for it. You must also follow the social distancing rules when running with us.

**Your point of contact is Jo Kingston (07966 560362) for track and trace purposes.**

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 (in accordance with government guidelines for track and trace purposes) if we are notified by any runner on your run that is experiencing symptoms or has tested positive for Covid-19.

We will provide a mask for both you and your coach as well as gloves for the coach, should you need medical assistance on a run.

We will provide sanitiser gel for before and after each run although we recommend that you bring your own.

We will advise you before a run of the health and safety rules that you will need to comply with on the run but please note that you will be responsible for maintaining your own social distancing

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: