

Name:		Emergency Contact (relationship to client):
Tel No:		Tel No:
Address		
Postcode		
Email:		

You should update the information on this form if there are any changes to your health or details.

Please read the questions carefully and answer each one honestly.

Answer
Yes/No

1. Has your doctor ever said that you have a heart condition and/or should only do activity recommended by a doctor?	
2. Do you ever feel pain in your chest when doing/not doing physical activity?	
3. Do you ever feel faint or have spells of dizziness?	
4. Do you have a joint problem or any problems with your bones?	
5. Have you ever been told you have high blood pressure?	
6. Are you taking any medication the instructor should be aware of?	
7. Are you pregnant or have you had a baby in the last 6 months?	
8. Do you know of any other reason why you should not do physical activity?	
Please note any aches, pains. State when and why you experience them:	
Please note any injuries, even if they were a long time ago and are you are now recovered. Use another sheet if necessary.	

Please turn over to read and complete the informed consent form on side 2.

If you have answered Yes to one or more questions please speak to your doctor before you start to become more physically active. Tell your doctor about the questionnaire and which questions you answered yes to. Follow your doctor's advice.

If you answered No to all questions you can be reasonably sure you can take part in a Pilates class. If your health changes so that subsequently you answer yes to the above, please inform your Instructor.

I HAVE READ, UNDERSTOOD AND COMPLETED THIS QUESTIONNAIRE. ALL QUESTIONS ARE COMPLETED TO MY FULL SATISFACTION. Please print and sign your name.

.....DATE



Informed Consent Form for Pilates

Pilates exercises are very safe but, as with all forms of physical exercise, it is a good idea to talk to your doctor or medical support before starting Pilates sessions. You should always complete a PARQ if you have had a break in your Pilates sessions for more than a few weeks and if any of the information you gave on your PARQ has changed.

Before coming to a session it is recommended you do not eat a heavy meal. Allow at least two hours after eating, but make sure that you are not hungry. You should not exercise under the influence of alcohol or drugs or painkillers. Do not attend Pilates class if you are feeling over tired or ill.

There are no guarantees and Pilates is not an instant fix. It takes time for your body to respond to the exercises and it helps if you practice at home. You should notice improved muscle tone and endurance if you work at it. It is always tempting to try to keep up with your neighbour. Don't over extend yourself. Pilates is about the individual and you must listen to your body. Don't pamper yourself, but don't ignore what your body is telling you. How you feel will depend on your experience and level of fitness. With time and practice, this will improve.

Your instructor will explain each movement, telling you which muscle groups will be working and how to achieve the best results. Please, ask questions if you are not clear about anything.

All exercise contains certain risks; aches, pains, pulled muscles, joint strains, and general discomfort. This is usually the result of working parts of the body not used by you for a long time. Pilates is designed to stabilise, mobilise and strengthen your body. This is achieved by moving and stretching, sometimes using Pilates equipment, weights and bands. When you are exercising you may feel a warmth in the muscles being worked - you should never feel pain. Pain is the bodies way of telling you to stop. If you feel any pain at all, stop and tell your instructor. Some exercises challenge you in different ways. You may just feel "Uncomfortable". If that is the case, let your instructor know.

I have read and understood the conditions and risks of participation and I consent to voluntarily take part in the activities offered.

I understand that some sections of any of my medical notes and data collected during sessions may be looked at by the instructor/tutor/assessor/ and I give permission for these individuals to have access to my records.

I HAVE READ AND UNDERSTOOD THIS INFORMED CONSENT. (Please print and sign your name)

.....DATE